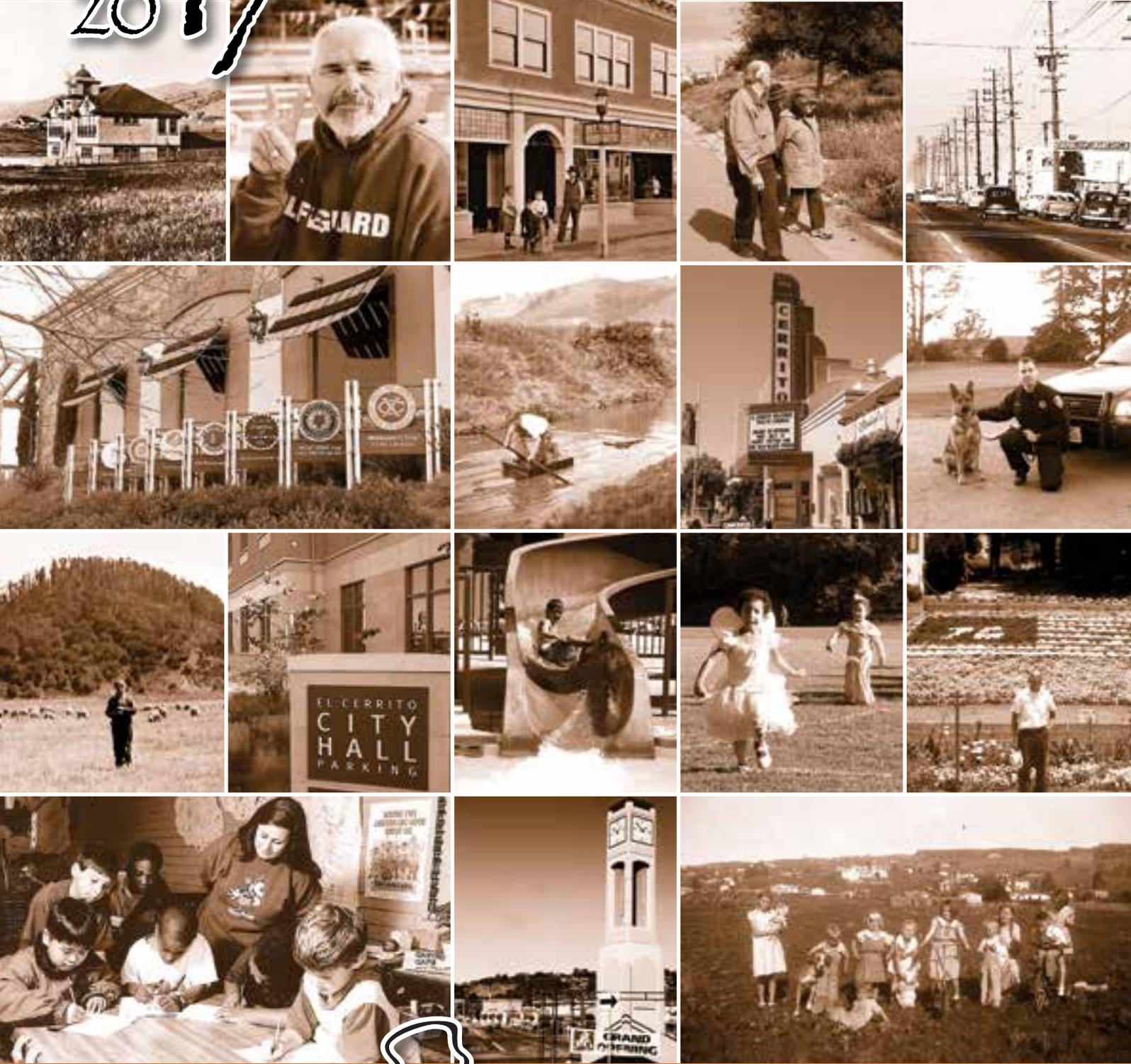


El Cerrito
1917
2017

CITY OF EL CERRITO

CENTENNIAL YEAR
CELEBRATION 1917-2017



rECguide

WINTER/SPRING 2017
RECREATION DEPARTMENT
WWW.EL-CERRITO.ORG

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COMMUNITY CENTER

OFFICE HOURS

Community Center Office Hours

- Mon, Wed, and alternate Fri: 8:00 am to 5:00 pm
- Tue and Thu: 8:00 am to 6:00 pm

The Community Center office will be closed*:

- December 2, 16, 23, 26 – 30
- January 2, 13, 16 and 27
- February 10, 20 and 24
- March 10 and 24
- April 7 and 21
- May 5, 19 and 29



*Friday programs and services are not affected by the office closure and will take place as scheduled.

Please check www.el-cerrito.org/recreation for our most up-to-date information.

Senior Center Office Hours

- Mon - Thu: 8:30 am to 5:00 pm
- Fri: 8:30 am to 4:00 pm
- Closed 12/23/16 – 1/2/17

MISSION

The City of El Cerrito serves, leads and supports our diverse and transit-rich community by providing exemplary and innovative services, public places and infrastructure, ensuring public safety, and creating an economically and environmentally sustainable future.

VISION

The City of El Cerrito is a safe, connected, transit-oriented and environmentally focused destination with welcoming neighborhoods, thriving businesses and vibrant public spaces, and diverse cultural, educational and recreational opportunities for people of all ages.

ORGANIZATIONAL VALUES

- Ethics and Integrity
- Fiscal Responsibility
- Inclusiveness
- Innovation and Creativity
- Professional Excellence
- Responsiveness
- Transparency and Open Communication



In compliance with the Americans with Disabilities Act (ADA), the City of El Cerrito encourages persons with disabilities to participate in our programs. If you have any special needs that require specific accommodations so you can fully enjoy our classes and programs, call the El Cerrito Recreation Department at (510) 559-7000 or email recreation@ci.el-cerrito.ca.us. Please contact us as far in advance as possible but no later than 72 hours before the program start date. TTD Relay (for the hearing impaired) 711 or (800) 735-2922

NEWS: CITY DIRECTORY

EL CERRITO CITY COUNCIL

Janet Abelson, Paul Fadelli, Greg Lyman,
Rochelle Pardue-Okimoto, Gabriel Quinto

PARKS & RECREATION COMMISSION

- Glen Lubcke – Chair
- Ben Chuaqui • Manish Doshi • Gary Hill
- Norman LaForce • Steve Lipson • Robin Mitchell

CITY OF EL CERRITO STAFF

Scott Hanin – City Manager	215-4300
Cheryl Morse – City Clerk	215-4305
Karen Pinkos – Assistant City Manager	215-4300
Suzanne Iarla – Assistant to the City Manager	215-4318

DEPARTMENT DIRECTORS

Christopher Jones – Recreation	559-7005
Paul Keith – Police Chief	215-4400
Lance Maples – Fire Chief	215-4450
Melanie Mintz – Community Development	215-4360
Yvetteh Ortiz – Public Works	215-4382
Mark Rasiah – Finance Department	215-4312

RECREATION DEPARTMENT STAFF

Christopher Jones – Recreation Director	559-7005
Sarah DiBenedetto – Recreation Analyst	559-7001

CHILDCARE ADMINISTRATION

Hannah Long – Youth Services Supervisor	559-7003
Anthony Billups – Coordinator, Fairmont Childcare	559-7031
Lila Bañuelos – Coordinator, Harding Childcare	559-7030
Sheryl Shute – Coordinator, Madera Childcare	215-4392
Luthera Powell – Teacher, Childcare	559-7030/559-7032
Melanie West – Teacher, Casa Cerrito Preschool	559-7032
Susan Ortega – Recreation Admin. Specialist	559-7006

SENIOR SERVICES

Janet Bilbas – Adult Services Supervisor	559-7678
Shielaugh Divelbiss – Coordinator, Adult Services	559-7677

SWIM CENTER

Bridget Cooney – Aquatics Supervisor	559-7015
Stephen Dunkle – Assistant Supervisor, Aquatics	559-7008

YOUTH/ADULT SPECIALTY PROGRAMS & FACILITY RENTALS

Vivian Brandt – Comm. Svcs. Supervisor	559-7007
Taylor Melton – Coordinator, Rentals & Classes	559-7004
Jessica Palacios – Admin. Specialist, Rentals & Classes	559-7017

TO REACH ANY STAFF

BY PHONE CALL (510) + phone # above

OR BY EMAIL USE first initial & last name @ci.el-cerrito.ca.us
(example: Christopher Jones = cjones@ci.el-cerrito.ca.us)

CITY DIRECTORY

CITY HALL 215-4300

10890 San Pablo Avenue, El Cerrito, CA 94530

CITY CLERK 215-4305

Contact the City Clerk's Office with questions regarding
City Council meetings, voter registration and City elections.

CORPORATION YARD/MAINTENANCE 215-4369

7550 Schmidt Lane, El Cerrito, CA 94530

COMMUNITY DEVELOPMENT

10890 San Pablo Avenue, El Cerrito, CA 94530

Building Inspection & Permits 215-4360

Planning Division 215-4330

Sustainability 215-4361

Housing 215-4361

Economic Development 215-4361

FIRE 215-4450

EMERGENCY 911

10900 San Pablo Avenue, El Cerrito, CA 94530

LOCAL HEALTH AND SOCIAL SERVICES 211

24-Hour Info (toll-free)

HUMAN RESOURCES 215-4315

Job Hotline 466-5005

OPEN HOUSE SENIOR CENTER 559-7677

6500 Stockton Avenue, El Cerrito, CA 94530

POLICE 215-4400

EMERGENCY 911

10900 San Pablo Avenue, El Cerrito, CA 94530

Dispatch (Non-Emergency) 233-1214

PUBLIC WORKS

10890 San Pablo Avenue, El Cerrito, CA 94530

Engineering/ Street Paving 215-4382

Maintenance 215-4369

Operations & Environmental Services 215-4350

Recycling & Environmental Resource Center 215-4350

7501 Schmidt Lane, El Cerrito, CA 94530

RECREATION DEPARTMENT

Community Center 559-7000

7007 Moeser Lane, El Cerrito, CA 94530

Aquatics 559-7011

Childcare & Preschool 559-7006

Tennis Permits & Reservations 559-7017

Facility Rentals & Fee Classes 559-7004

Join our monthly e-newsletter
"rECnews"

to stay on top of upcoming events,
new programs and classes,
and other community news.

Go to www.el-cerrito/recreation
and click on

"Get Involved" to sign up.

NEWS: CITY MEETINGS & COMMUNITY GROUPS

CITY MEETINGS

GROUPS	MEETING TIME	MEETING PLACE
City Council	1st/3rd Tue., 7:00 pm	City Hall
Arts and Culture Commission	4th Mon., 7:00 pm	City Hall
Centennial Celebration Planning Task Force	3rd Mon., 7:00 pm	City Hall
Citizens Street Oversight Committee	Semi-Annually	City Hall
Civil Service Commission	On Call	City Hall
Committee on Aging	3rd Wed., 3:00 pm	City Hall
Crime Prevention Committee	2nd Wed., 7:00 pm	City Hall
Design Review Board	1st Wed., 7:30 pm	City Hall
Economic Development Committee	1st Thur., 6:30 pm	City Hall
Environmental Quality Committee	2nd Tues, 7:00pm	City Hall
Financial Advisory Board	2nd Tues., 7:00pm	City Hall
Human Relations Commission	1st Wed., 7:00 pm	City Hall
Park and Recreation Commission	4th Wed., 7:00 pm	City Hall
Planning Commission	3rd Wed., 7:30 pm	City Hall
Tree Committee	2nd Mon., 7:00 pm	City Hall

*City Hall is located at 10890 San Pablo Ave., El Cerrito. For more information about City Council, Commission or Committee meetings, please call 215-4305. Agendas are posted at City Hall, Community Center and Library, as well as on the City's website.

COMMUNITY GROUPS / ORGANIZATIONS

ORGANIZATION	WEB	EMAIL	CONTACT	PHONE
Albany/El Cerrito Kiwanis Club		jrkiwanis@sbcglobal.net	Jack Rosano	527-3249
American Association of University Women	aauw.com			800-326-2289
American Legion Veterans Hall			Joe Pickell	528-4381
Bayview Aerie #2323 Fraternal Order of Eagles		glennjones@att.net	Glenn Jones	525-0444
B.E.R. Unit Bridge	berunit479.org	berunit479@gmail.com	Mark Kommann	528-5351
El Cerrito/Albany Access Group		abeljanet@aol.com	Janet Abelson	525-7709
El Cerrito Art Association	elcerritoart.org	ecartassociation@gmail.com	Jean Sichterman	524-2405
El Cerrito Bridge Club	berunit497.org		Mark Kornmann	528-5351
El Cerrito Chamber of Commerce	elcerritochamber.org	lisamartinego@gmail.com	Lisa Martinego	705-1202
El Cerrito Community Garden Network		elcerritocommunitygarden@gmail.com	Robin Mitchell	
El Cerrito Democratic Club, P.O.Box 192		ecdc.pres@gmail.com	Scott Lyons	717-5536
El Cerrito Garden Club	elcerritogardenclub.org	amfrankfurt@gmail.com	Anna Frankfurt	235-2232
El Cerrito High School Archiving Project		j_fonken@hotmail.com	Jackie Fonken	232-9149
El Cerrito Historical Society	elcerritohistoricalsociety.org	elcerritohistoricalsociety@yahoo.com	Rich Bartke	235-1315
El Cerrito Lions Club			Barbara Renteria	237-0374
El Cerrito Tennis Club	ectennis.org	info@ectennis.org	Terry Cort	332-9618
El Cerrito Toastmasters		Andrew_Gi@yahoo.com	Andrew Gi	703-2928
El Cerrito Trail Trekkers	ectrailtrekkers.org		David Weinstein	524-1737
El Cerrito Youth Baseball	ECYB.LeagueToolBox.com		Ellie Blue	236-2300
El Cerrito Youth Futbol / Soccer Club	spursoccer.com	info@spursoccer.com	Grizelle Puente	414-1039
Friends of the Cerrito Theater		davidswinstein@yahoo.com	David Weinstein	524-1737
Friends of the El Cerrito Library		gmacneill@att.net	Grace MacNeill	525-9518
Friends of Five Creeks	fivecreeks.org	fvcreek@aol.com	Susan Schwartz	848-9358
Heritage Roses Group	celebrationofoldroses.org		Kristina Osborn	527-3815
Japanese Language School		smyagisawa63@yahoo.com	Steve Yagisawa	236-0618
Kensington/El Cerrito Congress of Republicans			Catherine Weeks & Ross	524-5689
League of Women Voters		abeljanet@aol.com	Janet Abelson	693-8115
NAACP		headeng@sbcglobal.net	Horacio Avelino	237-5275
Rotary Club of El Cerrito	elcerritorotary.org	jackfreethy@gmail.com	Jack Freethy	925-283-6419
Shadi Holiday Display	shadiholidaydisplay.com	jsbayat1@comcast.net	Joann Steck-Bayat	524-9468
Stockton Ave. Art Stroll		contact@stocktonave.org	Kevin O'Neil	528-4709
Soroptimists International of El Cerrito			Jane Bartke	235-1315

COMMUNITY DIRECTORY

COMMUNITY RESOURCES

AC Transit	www.actransit.org	891-4777
BART	www.bart.gov	236-2278
Chamber of Commerce	10296 San Pablo Ave, El Cerrito, CA 94530	705-1202
Contra Costa Civic Theatre		524-9132
951 Pomona Street, El Cerrito, CA 94530		
Contra Costa Public Library	El Cerrito Branch, 6510 Stockton Ave, El Cerrito, CA 94530	526-7512
East Bay Paratransit/Paratransit Provider		287-5000
East Bay Sanitary	www.ebsan.com	237-4321
EBMUD	www.ebmud.com	(866) 403-2683
East Bay Municipal Utility District		
KECG Radio (88.1 FM)	www.worldonradio.org	525-4472
Marin Clean Energy	www.mcecleanenergy.org	(888) 632-3674
PG&E	www.pge.com	(800) 743-5000
Stege Sanitary District	www.stegesd.org	524-4667
West County Resources/ Contra Costa Crisis Center	www.211.database.org	211

PUBLIC SCHOOLS Serving El Cerrito

EL CERRITO HIGH SCHOOL	231-1437
540 Ashbury Avenue, El Cerrito, CA 94530	
FAIRMONT ELEMENTARY	525-5235
724 Kearney Street, El Cerrito, CA 94530	
HARDING ELEMENTARY	231-1413
7230 Fairmount Avenue, El Cerrito, CA 94530	
KENSINGTON ELEMENTARY	231-1415
90 Highland Blvd., Kensington, CA 94707	
KOREMATSU MIDDLE SCHOOL	524-0405
7125 Donal Avenue, El Cerrito, CA 94530	
MADERA ELEMENTARY	231-1412
8500 Madera Drive, El Cerrito, CA 94530	
MIRA VISTA SCHOOL, K-8	231-1416
6397 Hazel Avenue, Richmond, CA 94805	
STEGE ELEMENTARY SCHOOL	231-1425
4949 Cypress Avenue, Richmond, CA 94804	
SUMMIT K2 CHARTER SCHOOL	697-2843
1800 Elm Street, El Cerrito, CA 94530	
WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT	231-1100
Main Office, 1108 Bissell Avenue, Richmond, CA 94802	

PRIVATE SCHOOLS

MONTESSORI FAMILY SCHOOL	236-8802
7075 Cutting Blvd., El Cerrito, CA 94530	
PROSPECT SIERRA SCHOOL K-4	236-5800
(Elementary Campus), 2060 Tapscott Avenue, El Cerrito	
PROSPECT SIERRA SCHOOL 5-8	528-5800
(Middle School Campus), 960 Avis Drive, El Cerrito	
ST. JEROME CATHOLIC SCHOOL K-8	525-9484
320 San Carlos, El Cerrito, CA 94530	
ST. JOHN THE BAPTIST SCHOOL (CATHOLIC) K-8	234-2244
11156 San Pablo Avenue, El Cerrito, CA 94530	
TEHIYAH DAY SCHOOL K-8	233-3013
2603 Tassajara Avenue, El Cerrito, CA 94530	

COMMUNITY EVENTS

MARTIN LUTHER KING JR.

28th Annual El Cerrito Martin Luther King Jr. Celebration

On Monday, January 16, 2017, join in the annual parade and attend an uplifting rally celebrating the life of the Rev. Dr. Martin Luther King Jr. Everyone is invited to gather in front of City Hall (10890 San Pablo Avenue) at 9:00am. The parade will start around 9:30am and will be led by the ECHS Marching Band. The parade will proceed along San Pablo Avenue, up Moeser Lane to Ashbury Avenue and arrive at El Cerrito High School. The Rally will be held at the El Cerrito High School Performing Arts Center (540 Ashbury Ave). The celebration includes entertainment, music, dance, singing and family fun. Program details will be posted online at www.el-cerrito.org/MLK. The City of El Cerrito, St. Peter Christian Methodist Episcopal Church, the El Cerrito Branch NAACP, and the West Contra Costa County Unified School District are proud to sponsor the 28th annual El Cerrito Martin Luther King Jr. Celebration. For more information, or to get involved, please contact event coordinator Patricia Durham at 234-2518 or Assistant City Manager, Karen Pinkos at 215-4302.



© beambeagle - Dreamstime.com



Save the Date!

Crab Feed

Saturday, January 21, 2017

Doors Open at 5pm, Dinner Served at 6pm
 Enjoy Generous Servings of Fresh Crab
 along with Salad, Garlic Bread, Pasta & Dessert
 + No Host Bar (Beer & Wine) and Great Raffle Prizes
**Centennial Special! First 100 tickets: \$45 per ticket
 \$50 per ticket after**

Tickets can be purchased at the El Cerrito Community Center.
 Proceeds benefit the David Hunter Memorial Scholarship.
 Advance Ticket Purchase Only. No outside beverages.

El Cerrito Community Center, (510) 559-7000
 7007 Moeser Lane, El Cerrito, CA 94530

NEWS: CITY'S CENTENNIAL CELEBRATION



Get Fit in El Cerrito
The Centennial Challenge
See page 19



El Cerrito
1917
2017

The City of El Cerrito incorporated on August 23, 1917. Over the past 100 years, residents and business owners have contributed to El Cerrito's proud identity. The City's Centennial Celebration Planning Task Force has been busy planning ways to celebrate El Cerrito's 100th year anniversary including talks, tours and more!

For more event details and volunteer opportunities, visit our website at www.el-cerrito.org/2017 or call (510) 215-4318.

PARTIAL LIST OF CENTENNIAL EVENTS

JANUARY

- **1/16, 10am-1pm:** Martin Luther King Jr. Parade & Rally – Rally at El Cerrito High School
- **1/21, 12pm-2pm:** Cerrito Creek Nature & History Stroll led by El Cerrito Trail Trekkers
- **1/21, 5pm:** Recreation Department Centennial Crab Feed
- **1/25, 7:30pm (Talk):** City of Sin to City of Homes at the Community Center

FEBRUARY

- **2/8, 7pm (Talk):** A Mid-Century Modern Mecca
- **2/9, 7pm-9pm (Talk):** El Cerrito Library – Serving the Community for 100 years
- **2/22, 6:30pm (Talk):** Business Movers and Shakers at Veterans Memorial Hall

MARCH

- **3/9, 7pm-9pm (Talk):** El Cerrito's Gambling Past at Bayview Eagles Hall
- **3/15, 5:30pm:** Korematsu Middle School Open House & Concert
- **3/18, 1pm-3pm:** Walking Tour: The Flatlands
- **3/18, 7:30pm:** Lunafest Film Festival at El Cerrito High School

APRIL

- **4/19, 7pm (Talk):** El Cerrito High Athletics at the Community Center
- **4/24, 8am:** Recreation Department Centennial Dynamo Golf Tournament
- **4/29, 1pm-4pm:** Library tour

MAY

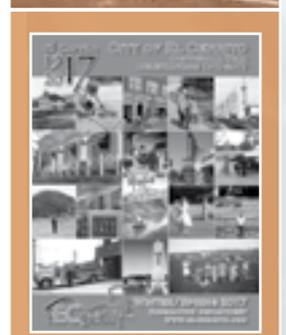
- **5/11, 5pm:** Supervisor Gioia's Office Open House focused on affordable housing
- **5/20, 1pm-4pm:** ECFD Fire Station Open House
- **5/21, 10am-5pm:** Hillside Festival at the Hillside Natural Area
- **5/23, 5pm:** Cameron School Open House and ice cream social
- **5/30, 6:30pm:** Camp Hermes: History and Tour

JUNE

- **6/3, 11am-1pm:** Walking Tour: When Gamblers Ran Our Town at Bayview Eagles Hall
- **6/11, tbd:** Loving Day Celebration at City Hall
- **6/17, 10am-1pm:** It's Our Fault (Hike with the El Cerrito Trail Trekkers)
- **6/22, 7pm (Talk):** Victor Ramon Castro and His Family at the Arlington Clubhouse

(Talks listed are all presented by the El Cerrito Historical Society)

See more details and additional events during the Centennial at www.el-cerrito.org/2017



The photo collage on this issue's front & back cover, and this page, includes many photos courtesy of the El Cerrito Historic Society, who are partnering with the City to celebrate El Cerrito's Centennial in 2017. For full photo credit and more details on the photos, visit www.el-cerrito.org/CentennialCover.

NEWS: COMMUNITY EVENTS

FAMILY SWEETHEART DANCE

Saturday, February 4, 2017, 6-8pm

El Cerrito Community Center,
7007 Moeser Ln.

Put on your dancing shoes and bring your little someone special to our Family Sweetheart Dance! Recreation Staff will be on hand with great music, treats and photo booth fun! Children must be accompanied by an adult. Please purchase tickets in advance www.el-cerrito.org/onlinereg; limited tickets available at the door. For more information call (510) 559-7000 or recreation@ci.el-cerrito.ca.us



PRE-REGISTRATION

\$5.00 per person	Activity # 467777-01
\$15 for a family of 4	Activity # 467777-02



Get a Sneak Peek at Programs, Services and Classes for all Ages

as well as 2017 Summer Camps!

Saturday, February 11, 2017, 10am-1pm

El Cerrito Community Center, 7007 Moeser Lane

Meet a variety of specialty class and camp instructors, City staff who will be on hand to showcase our programs, services and answer questions in person. Learn more about our programs offered such as popular swim lessons, summer camps, as well as youth, adult and senior classes in art, computer, cooking, fitness, foreign language, and more.

Plan Your Summer Early with the City of El Cerrito! Summer Camp registrations submitted at the rECexpo are eligible to **receive a 10% discount** for participating programs listed in the Summer Camp rECguide. This will be your one and only opportunity to receive a Summer Camp discount for 2017 Summer Camps!

For more information, contact the El Cerrito Recreation Department at (510) 559-7000 or recreation@ci.el-cerrito.ca.us.

ANNUAL EGG HUNT

Saturday, April 15, 2017, 10am sharp

Arlington Park, 1120 Arlington Blvd.

Please join us for a traditional Egg Hunt with candy and treats. To ensure all children get a chance at the goodies, the hunt is divided into age groups. Come early so you won't miss the start. The hunt is over quickly. This event will occur rain or shine!

There will also be a visit from a very special bunny. **If you have any questions or would like to donate to the event, please email hlong@ci.el-cerrito.ca.us.** Last year's egg hunt was made possible by generous contributions from local service organizations and businesses.

CELEBRATE THE CITY OF EL CERRITO'S 100TH ANNIVERSARY

At the 20th Annual



DYNAMO GOLF SCRAMBLE

Monday, April 24, 2017 at the
Mira Vista Country Club

\$135 per person or Foursome for \$500

Includes a cart, 18-Hole Game, lunch and awards. Proceeds benefit the City of El Cerrito Recreation Department's David Hunter Youth Scholarship Fund and the Open House Senior Center.



Eligibility

All levels of play welcome.

The shotgun format works for any caliber golfer.

Tournament scored Low Gross.

Format will be scored by the Pro Shop Staff.

Golf Schedule

8am-8:45am Check-In • 8:15am Putting Contest

9am Shotgun Start • Lunch & Awards

Play for a Great Cause!

In 2015, the David Hunter Memorial Scholarship Fund provided nearly \$12,000 in scholarship awards. This golf tournament is the largest contributor, by far, to the fund. Any level of support you can offer is greatly appreciated.

CENTENNIAL CELEBRATION SAFE SWIM EVENT!

Saturday, June 3, 2017, 10am – 2pm
El Cerrito Swim Center, 7007 Moeser Lane

Join the Swim Center Staff as we kick off the summer with our Centennial Celebration Safe Swim Event!

Free 25-minute swim lesson to the first 100 people!

Sign-up now to save your space!

www.el-cerrito.org/onlinereg (Activity #223115)

Lessons open to swimmers of all ages. Lesson times available are: 10:00am; 10:30am; 11:00am; 11:30am.

Free 100-minute Recreation Swim

from 12:20pm – 2:00pm

Come early, admittance subject to pool capacity.

Come join the fun! For more information or to sign up for lessons, please call (510) 559-7011 or email recreation@ci.el-cerrito.ca.us.

NEWS: COMMUNITY EVENTS

Register to Volunteer for El Cerrito's Annual Earth Day Celebration!

Earth Day, April 22, 2017 Volunteer Registration Form

Work Parties from 9 a.m. to 12 p.m. (Citywide)
Volunteer Appreciation Lunch from 12 PM to 1:30 PM
(El Cerrito Community Center - 7007 Moeser Lane)

Register online at www.el-cerrito.org/earthday or mail in by April 1st to:
Operations + Environmental Services Division – Earth Day
10890 San Pablo Avenue, El Cerrito CA, 94530

Name: _____

Street Address/Worksite Location: _____

Nearest Cross Street: _____

Phone #: _____

Email Address (help save paper - please provide an email address and print neatly)

Do you have an idea for a work party or project that you'd like to be involved in? Do you have any suggestions for potential work projects? Please legibly write your suggestions and any other comments in the space below.

El Cerrito Operations + Environmental Services Division | www.ecenvironment.org | green@ci.el-cerrito.ca.us | (510) 215-4350

EARTH DAY Get involved!



www.el-cerrito.org

El Cerrito's Citywide Garage Sale Registration Information

Host a Garage Sale!

Turn your old stuff into treasures! Register now to host a garage sale at your home during the Fall Citywide Garage Sale. Registration fees cover the costs of advertising and promotion, which includes posting your sale in the citywide brochure, classified ads in newspapers, and online.

Spread the word about the Garage Sale! Make your event fun and enjoyable by providing prizes or other enticements! Help advertise your event by using Next Door, Craigslist.org, etc.

For more information contact Laureteen Brazil in the Operations + Environmental Services Division at lbrazil@ci.el-cerrito.ca.us or 510-559-7686.

Find Good Bargains!

Garage sale maps with locations and listings will be available on May 11th, 2017!

Check online or at one of the newstands at:
El Cerrito Recycling Center (7501 Schmidt Lane)
and Community Center (7007 Moeser Lane).

Spring 2017 El Cerrito Citywide Garage Sale

May 20, 2017 | 9 AM to 3 PM

REGISTRATION DUE BY 5 PM on April 14th

Visit www.el-cerrito.org/garagesale to register online or mail this form, along with a non-refundable \$16 registration fee, to:

Environmental Services Division - Citywide Garage Sale
10890 San Pablo Avenue, El Cerrito CA, 94530

Name: _____

Street Address/Sale Location: _____

Nearest Cross Street: _____

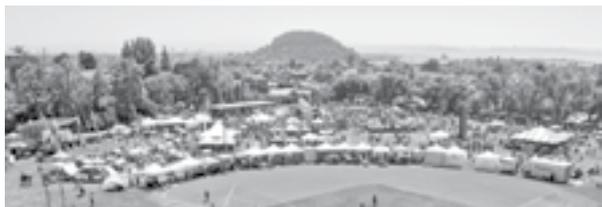
Phone Number: _____

Email Address (please provide an email address, especially if you would like the opportunity to review your listing prior to publication):

Sale Description: Maximum of 20 words describing the items for sale and any other details about the sale (i.e. fundraiser for a specific charity or school etc.). Descriptions will be repeated verbatim in the listing so please use good grammar.

NEWS: EVENTS

CITY OF EL CERRITO/WORLDOONE 4TH OF JULY FESTIVAL Tuesday, July 4, 2017, 10am-6pm (Music until 6:30pm)



Celebrate America's Birthday in El Cerrito! The long running, award winning 4th of July Festival in El Cerrito has been a home town institution for years. Join your friends, wander through community exhibits, buy arts and crafts and other fun items, play carnival games, enjoy a diverse array of live music and entertainment, and eat carnival foods of all sorts. Your family will enjoy the festival with its many rides, inflatables, games, and circus!

Sponsors Needed! Donations and sponsorships have made the Fourth of July Festival in El Cerrito possible for over 25 years. New and continued support of this community event is greatly appreciated. **If you as an individual or an organization are interested in making a donation, please contact Chris Jones, Recreation Director at (510) 559-7005 or cjones@ci.el-cerrito.ca.us**

Sign Up Today To Become A July 4th Volunteer: Volunteers are needed to help create a memorable community event. Non-profit organizations may earn a \$10/hr stipend to work the event. **To become a volunteer, please contact us at (510) 559-7000 or visit our web site at www.el-cerrito.org/recreation for a volunteer application.**

Vendor & Informational Booths: Vendor/Informational booths will be located on Pomona Avenue and in Cerrito Vista Park. **For more information, please contact Bridget Cooney at (510) 559-7015 or bcooney@ci.el-cerrito.org or go online to www.el-cerrito.org/recreation for an application.**

Food Vendors: Serving both lunch and dinner to festival goers has been a very successful endeavor for vendors in the past and we hope to continue the culinary excellence and diversity this year. **For more information, please contact Janet Bilbas at (510) 559-7680 or jbilbas@ci.el-cerrito.ca.us.**



NEWS: PUBLIC WORKS

PUBLIC WORKS

Operations and Environmental Services Division:

Environmental Services	(510) 215-4350
Maintenance	(510) 215-4369
Recycling & Environmental Resource Center (RERC)	(510) 215-4350
7501 Schmidt Lane, www.ecenvironment.org	
After-hours dispatch	(510) 233-1214

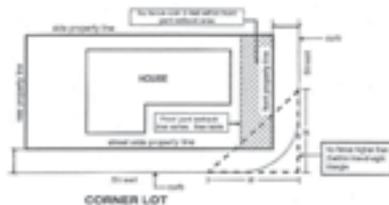
East Bay Sanitary

www.ebsan.com	(510) 237-4321
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Does Your Yard Have Curb Appeal?

The El Cerrito Municipal Code requires that adjacent property owners keep their sidewalks in good repair and safe for public travel. This means keeping the sidewalk clear of vegetation overgrowth, as well as making repairs to sidewalks when damaged or uplifted.

Please trim back any vegetation in your yard that may cause an obstruction to pedestrians on city sidewalks or other public paths of travel.



In addition, if you own or live on a corner lot property, all vegetation should be trimmed regularly so that vehicles and pedestrians are visible to on-coming traffic. In particular, vegetation within the 35-foot sight triangle of the street corner should be kept below 36 inches of height.

If you need to repair a sidewalk, prior to doing the work please obtain an Encroachment Permit from the City of El Cerrito's Public Works Department. This ensures the walkway meets the City's standards.

For more information or to report a hazardous sidewalk condition, please contact the Maintenance Division at maintenance@ci.el-cerrito.ca.us or 215-4369.

To get an Encroachment Permit, visit www.el-cerrito.org/encroachmentpermit or contact the City's Public Works Department at 215-4382.

Services to Help with Your Spring Cleaning

- **Annual On-Call Garbage, Green Waste, and Recycling Pick-up:** Residential solid waste account holders in El Cerrito can receive one free pick up of extra garbage, green waste, or recycling per year. For garbage and green waste, contact East Bay Sanitary, El Cerrito's waste hauler, for specific details and requirements and to make a reservation for service. For a pick-up of extra or bulky recycling items, contact the Recycling & Environmental Resource Center. Visit www.el-cerrito.org/AnnualCleanUp for specific details and requirements.
- **E-Waste Drop-off at the Recycling Center:** Did you know the Recycling & Environmental Resource Center accepts electronic waste every day of the week? Ink cartridges, LED light bulbs, and anything with a cord are acceptable in the e-waste bins. Call the Center for more information about materials accepted at the Center and other special events, such as our free compost giveaways.

NEWS: PUBLIC WORKS

GO GREEN CALENDAR

For more information about Going Green in El Cerrito, visit www.el-cerrito.org/green or contact the Operations and Environmental Services Division at (510) 215-4350.

For the latest information about these events and other green happenings in the city of El Cerrito, visit www.el-cerrito.org/newgreen.

Stay Involved – Sign Up for Monthly Email Updates

Be among the first to hear about environmental workshops, events and volunteer activities in El Cerrito -- such as the Citywide Garage Sale, Earth Day, and our Free Compost Give-Aways!

Sign up today online at www.el-cerrito.org/newgreen or via email to green@ci.el-cerrito.ca.us.

EVENTS & WORKSHOPS

January 14: 10am to 12:30pm

Green Team Event: Clean Up El Cerrito's Northern Gateway

Join El Cerrito's Green Teams as we clean up the northern entryways to town. Let's keep trash from polluting our creeks and the bay, and let's present visitors with a positive first impression of our city. Wear a hat and bring water. Meet on the Ohlone Greenway at Hill Street. Sponsored by the Environmental Quality Committee. Heavy rain cancels this event.

February 1 through October 31

Recycling Center Spring/Summer Hours

Monday- Friday: 8am to 5:45pm

Saturday-Sunday: 9am to 4:45pm

The El Cerrito Recycling & Environmental Resource Center will resume its normal hours and stay open one hour later on the weekdays.

February 25: 10am to 1:00pm

Green Team Event: Motorcycle Hill Work Party and Historical Discussion

Learn about the days when hundreds of motorcycles zoomed up Motorcycle Hill, while helping El Cerrito Trail Trekkers, Friends of Five Creeks, and the Environmental Quality Committee remove invasive Scotch broom and complete the Motorcycle Hill Trail. Meet at the foot of Motorcycle Hill, corner of Blake St. and Ganges Ave. If it rains, meet on March 4.

March 18 – March 24: 9am to 4:30pm

El Cerrito Compost Give-Away

Free compost made from your yard waste and food scraps. El Cerrito residents & businesses only. Bring proof of residency and containers. Limit of 5 cubic feet per household. Available while supply lasts. We will have a shovel available, however, you may want to bring one. Recycling Center, 7501 Schmidt Lane.

April 8: 10am to 12:30pm

Green Team Event: Clean Up Cerrito Creek

Help keep trash out of Cerrito Creek. We will work in the section as it borders El Cerrito Plaza, and in nearby tributaries. Meet near the Junket Deli, 235 El Cerrito Plaza.

April 22: 11am - 3pm

Earth Day

Each year in April, the City celebrates Earth Day through a morning of volunteerism and work parties, followed by socializing and music at our Volunteer Appreciation Lunch. If you would like to host a work party or volunteer as a group or individual, please complete the registration form and we'll be in touch with you in preparation for the event. For more information and to register, see form on page 8.

May 20: 9am to 3pm

Spring City Wide Garage Sale

Find great deals, get to know your neighbors, and keep waste out of the landfill by participating in our City Wide Garage Sale. To get more information or to register to host a sale, visit www.el-cerrito.org/garagesale. Registration due by 4pm on April 14th, 2017 at 5pm. For more information and to register, see form on page 8.

May 21: 10am to 5pm

Hillside Festival

Join the Environmental Quality Committee, El Cerrito Trail Trekkers, Friends of Five Creeks, and the El Cerrito High School Mountain Bike Team in discovering the Hillside Natural Area through talks, hikes, and displays on the unique history and nature of one of El Cerrito's best-kept secrets. To start out, meet us on the meadow above the Schmidt Lane entrance to Hillside Natural Area. Schedule of events to be posted at www.ectrailtrekkers.org.

ON-GOING

El Cerrito Green Teams

Semi-regular events organized by the Environmental Quality Committee and the Public Works Department. Help keep El Cerrito Green by volunteering at a Green Team event. For more details about the Green Teams or to volunteer for future events, visit: www.el-cerrito.org/greenteams. Or, please contact the Operations + Environmental Services Division for more information about volunteer projects: email or phone at (510) 215-4350.

First Sat. of the Month: 10am to 12:30pm

Baxter Creek Work Party

Join volunteers and City staff in removing invasive species and restoring native habitat in this jewel on the Ohlone Greenway. For more info, (510) 559-7685, spre@ci.el-cerrito.ca.us

Second Monday of the Month: 7:00pm

Tree Committee

Come to the regular monthly meetings of the City's Tree Committee, which works on maintaining and improving the health of El Cerrito's urban forest. The Tree Committee meets monthly on the 2nd Monday of the month at 7pm, El Cerrito City Hall, Hillside Conference Room, 10890 San Pablo Avenue.

Second Tuesday of the Month: 7pm

Environmental Quality Committee (EQC)

Join El Cerrito residents in working to improve environmental quality in El Cerrito! The EQC meets monthly on the second Tuesday of each month at 7 PM, El Cerrito City Hall, Council Chambers, 10890 San Pablo Avenue. Visit www.el-cerrito.org/eqc for more information on the Environmental Quality Committee.

YOUTH: CHILDCARE

CHILDCARE

PRESCHOOL PROGRAMS

\$70 Non-Refundable Fee

The City of El Cerrito offers two preschool programs. They are designed to provide parents the opportunity to have their young child in a safe and nurturing environment. Registration is continuous throughout the year and forms are processed on a first come, first serve basis. Both programs operate year round.

Visit is required before registration.

For more information please contact Susan Ortega at (510) 559-7006 or sortega@ci.el-cerrito.ca.us.

Teeter Tots

Ages 22 months - 3.5 years

Location: El Cerrito Community Center, 7007 Moeser Lane. Mon. - Fri., 9:00am - 12:00pm (Maximum 12 hrs per Week) Children who participate in the Teeter Tots program are introduced to play. Developing social skills such as sharing, taking turns and using words are the focus of this program. The emphasis is on a nurturing first experience for your toddler. Toilet training is not necessary.

Casa Cerrito Preschool

Ages 3 - 5 years

Location: Casa Cerrito, 6927 Portola drive Mon. - Fri., 9:00am - 1:00pm or 1:00pm - 5:00pm (All day care is available)

Enroll in just the afternoon, morning or all day long! This program provides skill building and kindergarten readiness activities in an exciting age-appropriate setting. Toilet training is required.

	RES	NRES	REDUCED RES	REDUCED NRES
Teeter Tots	\$22.50/day	\$25.50/day	\$16.50/day	\$18.00/day
Casa Cerrito	\$30.00/day	\$34.00/day	\$22.00/day	\$24.00/day

*Low Income families may qualify for reduced rates. Reduced rates are based on the David Hunter Memorial Scholarship Application.

SCHOOL AGE CHILDCARE

Grades TK-6

The City of El Cerrito provides school-age, state licensed childcare facilities throughout the City for children attending Fairmont, Harding and Madera Schools. If your child attends another school in the El Cerrito area care may be available to you as well (transportation not provided).



Exciting recreational and enrichment activities, which are held throughout the day, are provided by licensed and trained staff. Time is set aside for homework or quiet reading on a daily basis. Children are given an afternoon snack. The childcare programs provide a safe, challenging and creative alternative to going home alone.

For more information or to register please contact Susan Ortega at (510) 559-7006 or sortega@ci.el-cerrito.ca.us

YOUTH: CAMPS

CAMPS

HOLIDAY WEEK CAMPS

Grades K-6

All the fun of summer camp packed into Holiday Week Camps! For more information call (510) 559-7006, visit www.el-cerrito.org/recreation or stop by the El Cerrito Community Center.

President's Week Camp

February 21 - 24 (Tuesday - Friday)

Information and registration will be available Jan. 20, 2017.

Spring Break Camp

April 3 - 7 (Monday - Friday)

Information and registration will be available on Mar. 14, 2017.

JUNIOR LIFEGUARD SPRING CAMP

Ages 13 - 14 • See page 45

Look out for our Summer Camp rECguide available mid-January!

EL CERRITO CAMP RAVENCLIFF

Early Registration

Join us for our 17th Summer in beautiful Humboldt County. Early registration begins on Monday, January 23, 2017 online and at the El Cerrito Community Center. For more information, please visit www.el-cerrito.org/recreation or email recreation@ci.el-cerrito.ca.us. Please note that for Summer 2017, El Cerrito Camp Ravencliff's Traditional Week (ages 8-12) will be before Teen Week (ages 12-17).

DATES	DAYS	AGES	RES	NRES	ACTIVITY	ACTIVITY
8/8-8/13/17	Tu-Su	8-12	\$500	\$600	722913 Boys	722933 Girls
8/8-8/13/17	Tu-Su	14-17	\$200	\$242	CIT/TILT*	
8/13-8/19/17	Su-Sa	12-17	\$500	\$600	722943 Boys	722953 Girls

*Campers who are entering the 10th through 12th grades during the 2017/18 school year can apply for the Counselor in Training (CIT) and Teens in Leadership Training (TILT) Programs. Candidates will be interviewed during early Spring. Returning CIT's and TILT's can re-register without going through the interview process at the Community Center or by mail; online registration is not available for these programs.

Online registration is available at www.el-cerrito.org/onlinereg; camper information packet must be completed within one week of registration.



YOUTH: FITNESS & SPORTS

FITNESS & SPORTS

FENCING TEEN/ADULT BEGINNER

Age 12+

The sport of fencing is an excellent antidote to stress! Students learn proper stance, footwork, blade work, and basic tactics in this comprehensive introduction to foil fencing. Exercises and partner drills help to strengthen the body, and develop speed and mobility. Fencers progress at their own pace. Please wear comfortable pants and sneakers. All equipment is provided. Class meets once per week.



Instructor: Sport Fencing Center Staff

Location: Sport Fencing Center - 6922 Stockton Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/4-1/25	W	6:30- 8pm	4x	\$156.00	\$193.50	432552-01
2/1-2/15	W	6:30- 8pm	3x	\$120.00	\$148.75	432552-02
3/1-3/29	W	6:30- 8pm	5x	\$196.00	\$243.00	132552-01
5/3-5/31	W	6:30- 8pm	5x	\$196.00	\$243.00	132552-03

No Class: 2/22

KARATE

Age 7-18

This class teaches a traditional form of Japanese Karate known as Wado. Students will learn basic techniques including guarding, punching, and kicking. We combine different exercises plus stretching and strengthening work to develop a sense of balance, focus, self-discipline and confidence. **New students need to contact instructor at Lcbaltz@gmail.com prior to registration.**

Instructor: Leonard Baltz

**Location: Community Center, Skylight Room
- 7007 Moeser Lane**

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/3-1/31	Tu,Th	4:50- 6:15pm	9x	\$47.00	\$58.25	422522-02
2/2-2/28	Tu,Th	4:50- 6:15pm	8x	\$42.00	\$52.00	422522-03
3/2-3/30	Tu,Th	4:50- 6:15pm	9x	\$47.00	\$58.25	122522-01
4/4-4/27	Tu,Th	4:50- 6:15pm	8x	\$42.00	\$52.00	122522-02
5/2-5/30	Tu,Th	4:50- 6:15pm	9x	\$47.00	\$58.25	122522-03
Drop In Fee				\$10 Resident/ \$12.50 Non Resident		
Material Fee				\$20 for Rank Testing.		
Rank Testing occurs in May & December.						

Late Start Proration Allowed

Advanced • Age 7-18

Instructor approval required for registration.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/6-1/27	F	4:50- 6pm	4x	\$21.00	\$26.00	422523-02
2/3-2/24	F	4:50- 6pm	4x	\$21.00	\$26.00	422523-03
3/10-3/31	F	4:50- 6pm	4x	\$21.00	\$26.00	122523-01
4/7-4/28	F	4:50- 6pm	4x	\$21.00	\$26.00	122523-02
5/5-5/26	F	4:50- 6pm	4x	\$21.00	\$26.00	122523-03

No Class: 3/3

SHINSHIN TOITSU AIKIDO TEEN

Age 9-14

Class will teach how "not to fight" using meditation, breathing coordination exercises and Aikido techniques. Class will be taught by Maida sensei, 7th dan, senior personal student of Koichi Tohei 10th dan. Class will be specifically addressing teenagers and how to handle stress, peer pressure and anger issues. Our program utilizes a traditional Martial Art and Zen monastic method which includes awareness to detail and instruction. Our goal is to clearly see our collision and change our reactions to potential conflict. Free trial class available. All are welcome regardless of ability or disability. Price is based on a monthly fee.

Instructor: Pietro Yuji Maida

Location: Castro Clubhouse B - 1420 Norvell Avenue

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/3-1/31	Tu,Th	4- 5pm	9x	\$44.00	\$54.50	432525-02
2/2-2/28	Tu,Th	4- 5pm	8x	\$44.00	\$54.50	432525-03
3/2-3/30	Tu,Th	4- 5pm	9x	\$44.00	\$54.50	132524-01
4/4-4/27	Tu,Th	4- 5pm	8x	\$44.00	\$54.50	132524-02
5/2-5/30	Tu,Th	4- 5pm	9x	\$44.00	\$54.50	132524-03

X-FIT ATHLETIC TRAINING

Age 5-18

X-Fit Athletic Training is designed for all levels of athletes. X-Fit will help your child feel more confident in the sport(s) he/she plays or wants to play. The class will cover: Top Speed, Agility Mechanics, Plyometrics, and Functional Core Strength Development and much more. At the end of every session, we will play a game so the athletes can implement what they have learned in class.

Instructor: Joe Ruiz

Location: Castro Clubhouse A - 1420 Norvell Avenue

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/2-1/30	M	4- 4:50pm	4x	\$60.00	\$74.50	422554-02
2/6-2/27	M	4- 4:50pm	3x	\$48.00	\$59.50	422554-03
3/6-3/27	M	4- 4:50pm	4x	\$60.00	\$74.50	122554-01
4/3-4/24	M	4- 4:50pm	4x	\$60.00	\$74.50	122554-02
5/1-5/22	M	4- 4:50pm	4x	\$60.00	\$74.50	122554-03
Drop In Fee					\$20 Resident/ \$25 Non-Resident	

No Class: 1/16, 2/20, 5/29



YOUTH: FITNESS & SPORTS: GYMNASTICS

GYMNASTICS

GYMNASTICS

Age 3 – 16

Gymnastics Classes held at the El Cerrito Community Center are designed to be fun, safe, and instructive. Classes include warm-up exercises, stretching, and light conditioning. To guarantee a spot in the class, please pre-register early. There are now more classes in each session.

Instructor: Bindy Baker
Location: Community Center, Main Hall - 7007 Moeser Lane



Preschool • Age 3-6

Focuses on body movement through beginning gymnastics.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-2/27	M	3:15- 4pm	6x	\$75.00	\$93.00	412581-07
1/9-2/27	M	6- 6:35pm	6x	\$69.00	\$85.50	412581-08
1/11-2/15	W	3:15- 4pm	6x	\$75.00	\$93.00	412581-10
1/11-2/15	W	6:15- 6:45pm	6x	\$69.00	\$85.50	412581-11
1/12-2/16	Th	3:15- 4pm	6x	\$75.00	\$93.00	412581-12
3/1-4/26	W	3:15- 4pm	8x	\$100.00	\$124.00	112581-03
3/1-4/26	W	6:15- 6:45pm	8x	\$80.00	\$99.25	112581-04
3/2-4/27	Th	3:15- 4pm	8x	\$100.00	\$124.00	112581-05
3/6-4/24	M	3:15- 4pm	7x	\$87.00	\$108.00	112581-01
3/6-4/24	M	6- 6:35pm	7x	\$80.00	\$99.25	112581-02
5/1-6/5	M	3:15- 4pm	5x	\$62.00	\$77.00	112581-06
5/1-6/5	M	6- 6:35pm	5x	\$57.00	\$70.75	112581-07
5/3-6/7	W	3:15- 4pm	6x	\$75.00	\$93.00	112581-08
5/3-6/7	W	6:15- 6:45pm	6x	\$69.00	\$85.50	112581-09
5/4-6/8	Th	3:15- 4pm	6x	\$75.00	\$93.00	112581-10

No Class: 1/16, 2/20-2/23, 4/3-4/6, 5/29

Beginning • Age 5-10

Introduction to gymnastics; focuses on flexibility, strength, and basic skills such as cartwheels, handstands, bridge kick-overs, and basic bar, beam, and vault.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-2/27	M	4:10- 5pm	6x	\$81.00	\$100.50	412582-10
1/11-2/15	W	4:10- 5pm	6x	\$81.00	\$100.50	412582-09
1/12-2/16	Th	4:10- 5pm	6x	\$81.00	\$100.50	412582-08
1/12-2/16	Th	6- 6:50pm	6x	\$81.00	\$100.50	412582-06
3/1-4/26	W	4:10- 5pm	8x	\$108.00	\$134.00	112582-21
3/2-4/27	Th	6- 6:50pm	8x	\$108.00	\$134.00	112582-22
3/2-4/27	Th	4:10- 5pm	8x	\$108.00	\$134.00	112582-23
3/6-4/24	M	4:10- 5pm	7x	\$95.00	\$117.75	112582-20
5/1-6/5	M	4:10- 5pm	5x	\$68.00	\$84.25	112582-24
5/3-6/7	W	4:10- 5pm	6x	\$81.00	\$100.50	112582-26
5/4-6/8	Th	4:10- 5pm	6x	\$81.00	\$100.50	112582-27
5/4-6/8	Th	6- 6:50pm	6x	\$81.00	\$100.50	112582-28

No Class: 1/16, 2/20-2/23, 4/3-4/6, 5/29

Intermediate • Age 5-10

Gymnast has mastered basic skills and is ready for intermediate skills such as round offs, back walkovers, and front handsprings. Must check with instructor before registering.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/9-2/27	M	5:05- 6pm	6x	\$81.00	\$100.50	412583-03
1/12-2/16	Th	5:05- 6pm	6x	\$81.00	\$100.50	412583-04
3/2-4/27	Th	5:05- 6pm	8x	\$108.00	\$134.00	112583-02
3/6-4/24	M	5:05- 6pm	7x	\$95.00	\$117.75	112583-01
5/1-6/5	M	5:05- 6pm	5x	\$68.00	\$84.25	112583-03
5/4-6/8	Th	5:05- 6pm	6x	\$81.00	\$100.50	112583-04

No Class: 1/16, 2/20-2/23, 4/3-4/6, 5/29

Advanced • Age 8-16

For the serious gymnast that is ready to learn advanced skills. *By Head Coach invitation only.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/11-2/15	W	5- 6:15pm	6x	\$87.00	\$108.00	412584-02
3/1-4/26	W	5- 6:15pm	8x	\$116.00	\$144.00	112584-01
5/3-6/7	W	5- 6:15pm	6x	\$87.00	\$108.00	112584-03

No Class: 2/20-2/23, 4/3-4/6

GYMNASTICS TINY TOTS

Free Play • Age 1-5

Tiny Tot Free Gym is the perfect opportunity to spend time with your child/children and have more fun outside of the class. Gym time is designed for children ages 1-5 years old. Children must be accompanied by a caretaker. Come join us for a great time and play on our: Balance beams, single bars obstacles courses, trampoline, tunnels, hoola hoops, cones, and much more. Feel free to bring a packed lunch or snack!

Instructor: Ariane Pelley

Location: Community Center, Main Hall - 7007 Moeser Lane

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/10-1/31	Tu	12:15- 1:30pm	4x	\$40.00	\$50.00	412585-02
2/7-2/28	Tu	12:15- 1:30pm	3x	\$30.00	\$37.50	412585-04
3/7-3/28	Tu	12:15- 1:30pm	4x	\$40.00	\$50.00	112585-03
4/11-4/25	Tu	12:15- 1:30pm	3x	\$30.00	\$37.50	112585-04
5/2-5/30	Tu	12:15- 1:30pm	5x	\$50.00	\$62.50	112585-06

No Class: 2/21, 4/4



YOUTH: FITNESS & SPORTS: SKYHAWKS SPORTS

SKYHAWKS SPORTS

MOMMY/DADDY & ME SPORTS

Age 2.5 – 3

This multi-sport tot program was designed to allow kids a positive first step into athletics. Using our progressive curriculum and modified equipment, our highly trained staff guide participants as they explore balance, body movement, coordination, and skill development at their own pace. This class is taught in a structured environment filled



with lots of positive encouragement and a big focus on fun! Communication is the name of this game. Color recognition and directional comprehension are the keys to success. Our primary development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, hand/foot-eye coordination, self-esteem, and teamwork. All participants receive a Skyhawks T-Shirt and Merit Award. Parent participation is required for this program.

Instructor: Skyhawks Sports Staff

Location: Arlington Park - 1120 Arlington Blvd.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-3/11	Sa	10-10:30am	9x	\$156	\$193.50	421552-04
3/18-5/20	Sa	10-10:30am	9x	\$156	\$193.50	121552-01

No Class: 4/15

TOT SPORTS – SOCCER, BASEBALL & BASKETBALL

Age 3 – 4

This Multi-Sport Tot program includes 3 weeks of Soccer, 3 weeks of Baseball and 3 weeks of Basketball. This class allows young athletes to discover a passion for a variety of sports in one fun-filled setting. Our primary development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, balance, body movement, hand/foot-eye coordination, self-esteem, and teamwork! Our progressive curriculum and modified equipment, combined with our highly trained staff, provide a safe environment where kids can develop at their own pace with lots of positive encouragement. All participants receive a Skyhawks T-Shirt and Merit Award.

Instructor: Skyhawks Sports Staff

Location: Arlington Park - 1120 Arlington Blvd.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-3/11	Sa	10:45-11:15am	9x	\$156	\$193.50	412553-01
3/18-5/20	Sa	10:45-11:15am	9x	\$156	\$193.50	112553-01

No Class: 4/15

MOMMY/DADDY & ME TOT & MINI-HAWK SPORTS

Age 3 – 5

This multi-sport tot program was designed to allow kids a positive first step into athletics. Using our progressive curriculum, modified equipment, our highly trained staff guide participants as they explore balance, body movement, coordination, and skill development at their own pace. This class is taught in a structured environment filled with lots of positive encouragement and a big focus on fun! Communication is the name of this game. Color recognition and directional comprehension are the keys to success. Our primary development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, hand/foot-eye coordination, self-esteem, and teamwork. All participants receive a Skyhawks T-Shirt and Merit Award. Parent participation is required in this program.

Instructor: Skyhawks Sports Staff

Location: Arlington Park - 1120 Arlington Blvd.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-3/11	Sa	11:30am-12pm	9x	\$156	\$193.50	412554-01
3/18-5/20	Sa	11:30am-12pm	9x	\$156	\$193.50	112554-01

No Class: 4/15

MINI-HAWKS SPORTS

Age 5-6

This Multi-Sport Tot program includes 3 weeks of Soccer, 3 weeks of Baseball and 3 weeks of Basketball. This class allows young athletes to discover a passion for a variety of sports in one fun-filled setting. Our primary development objectives include running, jumping, throwing, catching, hitting, dribbling, passing, shooting, balance, body movement, hand/foot-eye coordination, self-esteem, and teamwork! Our progressive curriculum and modified equipment, combined with our highly trained staff, provide a safe environment where kids can develop at their own pace with lots of positive encouragement. All participants receive a Skyhawks T-Shirt and Merit Award.

Instructor: Skyhawks Sports Staff

Location: Arlington Park - 1120 Arlington Blvd.

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/14-3/11	Sa	12:15-12:45pm	9x	\$156	\$193.50	422550-01
3/18-5/20	Sa	12:15-12:45pm	9x	\$156	\$193.50	122550-01

No Class: 4/15



YOUTH: SPECIALTY CLASSES

DANCE & DRAMA

NEW BEGINNING BALLET Age 6-9

This class provides classical ballet training in a gentle and supportive environment. Students are encouraged to share their joy of dance, develop body awareness, and musicality. They will also gain a sense of accomplishment in classes and performances. The fun class syllabus was developed by the Royal Academy of Dance (London, England) and is taught in over 50 countries. A performance opportunity is available in June for students with sufficient class time. Check with instructor for details.

Instructor: El Cerrito Ballet Center Staff

Location: El Cerrito Ballet Center - 6712 Portola Drive

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/5-1/26	Th	4- 4:45pm	4x	\$75.00	\$93.00	422515-01
2/2-2/23	Th	4-4:45pm	4x	\$75.00	\$93.00	422515-02
3/2-3/23	Th	4- 4:45pm	4x	\$75.00	\$93.00	122515-01
4/6-4/27	Th	4- 4:45pm	4x	\$75.00	\$93.00	122515-02



NEW DRAMATIC ARTS Age 13-18

This class teaches acting techniques including character development, improvisation, theatrical staging, blocking and theatrical etiquette. Students will take part in improvisational games, which will allow them to connect their improv exercises to their character in a play. They will read, memorize, rehearse, and eventually perform a production of the play "Aladdin" at the end of the sessions on Friday, April 29th (friends, family, & the public welcome to attend!) Students/Parents are responsible for creating their own costumes (with staff help). \$20 Material Fee.

Instructor: Gloria Calomee

Location: Community Center, Garden Room - 7007 Moeser Lane

***Class will meet in the Skylight Room on 2/21, 4/3, & 4/4**

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
2/6-2/28	M,Tu	4- 5:30pm	7x	\$109.00	\$135.25	432527-01
3/6-3/28	M,Tu	4- 5:30pm	8x	\$125.00	\$155.00	132527-01
4/3-4/25	M,Tu	4- 5:30pm	8x	\$125.00	\$155.00	132527-02

No Class: 2/20

BABYSITTING BASICS

Age 11-14

This is an interactive class. Participants will practice interviewing for a babysitting job, learn to choose safe and age-appropriate toys and games, learn basic care such as feeding, changing, and holding techniques, and learn basic First Aid for cuts, scrapes and bumps.



Instructor: City of El Cerrito Staff

Location: Community Center, Craft Room - 7007 Moeser Lane

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/28	Sat	9:00am - 1:00pm	\$50.00	\$60.00	433502-01
2/25	Sat	9:00am - 1:00pm	\$50.00	\$60.00	433502-02
3/25	Sat	9:00am - 1:00pm	\$50.00	\$60.00	133502-02
4/29	Sat	9:00am - 1:00pm	\$50.00	\$60.00	133502-03

Berkeley Lacrosse



Boys & Girls
Ages 7-14

Registration
Now Open

berkeleylacrosse.org



ADULTS: FITNESS

On-site
Drop-in fees are payable
by check only. To arrange for making
credit card payments
please contact the office at
(510) 559-7000.

FITNESS

HATHA YOGA FOR ALL LEVELS

Do you feel tension in your neck, shoulder, or back? Yoga can help you. The is great physical exercise to release the tension, increase flexibility and improve posture. You will also calm your mind through deep breathing (Pranayama). You will



learn basic understanding of proper alignment, technique, and yoga breath. In this everyday busy life, you can take time to really connect to yourself during the class. It will help you to feel balance, tranquility, and calmness in your mind and body and carry this contentment through the remainder of your day. The instructor is a 200-Hour Yoga Alliance registered teacher, and has practiced and taught over for 15 years. She also can speak Japanese and trained in Vinyasa, Hatha, Iyengar, and Anusara yoga. The instructor will allow one free trial for new students.

Instructor: Hiromi Jones

Location: Skylight Room - 7007 Moeser Lane.

Tuesdays: Skylight Room & Thursdays: Garden Room

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/10-1/31	Tu	11:15am-12:15pm	4x	\$34.00	\$42.25	444528-03
1/12-1/26	Th	12- 1pm	3x	\$25.75	\$32.00	444528-04
2/2-2/16	Th	12- 1pm	3x	\$25.75	\$32.00	444528-06
2/7-2/28	Tu	11:15am-12:15pm	3x	\$25.75	\$32.00	444528-05
3/2-3/30	Th	12- 1pm	5x	\$43.25	\$53.50	144528-01
3/7-3/28	Tu	11:15am-12:15pm	4x	\$34.00	\$42.25	144528-02
4/4-4/25	Tu	11:15am-12:15pm	3x	\$25.75	\$32.00	144528-04
4/6-4/27	Th	12- 1pm	3x	\$25.75	\$32.00	144528-03
5/2-5/30	Tu	11:15am-12:15pm	5x	\$43.25	\$53.50	144528-06
5/4-5/25	Tu	12- 1pm	4x	\$34.00	\$42.25	144528-05

No Class: 1/3, 1/5, 2/21, 2/23, 4/11, 4/13

KICKBOXING

Kickboxing is a stand up combat sport based on kicking and punching. A cardiovascular workout consisting of jabs, hooks, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. You will learn the proper body mechanics to throw punches, elbows, knees, and kicks. The many benefits of kickboxing includes fat loss, muscle toning, increased flexibility, better circulation, and most of all stress relief.

Instructor: Jason Lucas

**Location: Community Center, Skylight Room
- 7007 Moeser Lane**

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/2-1/30	M,Th	6:30- 7:45pm	8x	\$62.00	\$77.00	444592-02
2/2-2/27	M,Th	6:30- 7:45pm	7x	\$52.00	\$64.50	444592-03
3/9-3/30	M,Th	6:30- 7:45pm	7x	\$52.00	\$64.50	144592-01
4/3-4/27	M,Th	6:30- 7:45pm	7x	\$52.00	\$64.50	144592-02
5/1-5/25	M,Th	6:30- 7:45pm	8x	\$62.00	\$77.00	144592-03

No Class: 1/16, 2/20, 3/2, 3/6, 4/17, 5/29

SHINSHIN TOITSU AIKIDO

Class will teach how "not to fight" using meditation, breathing coordination exercises and Aikido techniques. Taught by Maida sensei, 7th dan, senior personal student of Koichi Tohei 10th dan. Our goal is to clearly see our collision and change our reactions to potential conflict. Free trial class available, no drop in fee; no proration of fees for missed classes. All are welcome regardless of ability or disability. Attend a maximum of 2 classes per week either day or evening. Missed classes can be made up.

Instructor: Pietro Yuji Maida

Location: Castro Clubhouse B - 1420 Norvell Avenue

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/2-1/31	Tu,Th M, W	9-10:30am 6:30- 8pm	*8x	\$44.00	\$54.50	444505-01
2/1-2/28	Tu,Th M, W	9-10:30am 6:30- 8pm	*8x	\$44.00	\$54.50	444505-02
3/1-3/30	Tu,Th M, W	9-10:30am 6:30- 8pm	*8x	\$44.00	\$54.50	144505-01
4/3-4/27	Tu,Th M, W	9-10:30am 6:30- 8pm	*8x	\$44.00	\$54.50	144505-03
5/1-5/31	Tu,Th M, W	9-10:30am 6:30- 8pm	*8x	\$44.00	\$54.50	144505-05

*Each session includes 8 classes. Registrants may choose two classes per week according to their preferred day/time.

NEW STROLLER FITNESS FOR MOMS & TOTS

Get fit and meet local moms in this fun, outdoor stroller-fitness class. Moms push their strollers and complete toning body weight and resistance band exercises next to their little ones. All moms of babies/toddlers 6-weeks old and older can join our awesome community of active moms. This class will help you get out of the house, lose the baby weight, tone your upper body, develop core strength and create lasting friendships. These workouts will give you the endurance you need to tackle the rigors of motherhood! All abilities welcome, modifications provided. Class will be cancelled in cases of heavy rain (no refunds). \$20 material fee for new resistance band.

Instructor: Angela Warren

Location: Cerrito Vista Park - Moeser Lane & Pomona

Monthly Unlimited Pass

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/2-1/31	M-Th	9:30-10:30am	\$133.00	\$165.00	44452B-01
2/1-2/28	M-Th	9:30-10:30am	\$133.00	\$165.00	44452B-02
3/1-3/30	M-Th	9:30-10:30am	\$133.00	\$165.00	14452B-01
4/3-4/27	M-Th	9:30-10:30am	\$133.00	\$165.00	14452B-02
5/1-5/31	M-Th	9:30-10:30am	\$133.00	\$165.00	14452B-03

No Class: 1/16, 5/29

2x Per Week Pass

DATE	DAY	TIME	RES	NRES	ACTIVITY
1/2-1/31	*M-Th	9:30-10:30am	\$100.00	\$124.00	44452B-03
2/1-2/28	*M-Th	9:30-10:30am	\$100.00	\$124.00	44452B-04
3/1-3/30	*M-Th	9:30-10:30am	\$100.00	\$124.00	14452B-04
4/3-4/27	*M-Th	9:30-10:30am	\$100.00	\$124.00	14452B-05
5/1-5/31	*M-Th	9:30-10:30am	\$100.00	\$124.00	14452B-06

*Participants may choose two classes per week according to their preferred days.

No Class: 1/16, 5/29

On-site
Drop-In fees are payable
by check only. To arrange for making
credit card payments
please contact the office at
(510) 559-7000.

ADULTS: FITNESS

TENDO RYU NAGINATA

Established over 400 years ago in Japan, Tendo Ryu is one of many classical schools of Japanese martial arts that employ the Naginata. Our practice naginata is wooden, but represents a 6 ft staff with an 18 inch curved blade on the end. Initially, practice is solo, but all the kata (forms) are eventually with a partner who has a wooden sword. Because this is a partnered marital art, you will learn focus, concentration and etiquette. Beginners are always welcome. No prior martial arts instruction necessary.

Instructor: Eric Montes

Location: Community Center, Main Hall - 7007 Moeser Ln

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/2-1/30	M	8:15-10:15pm	4x	\$33.00	\$41.00	444502-03
2/6-2/27	M	8:15-10:15pm	3x	\$33.00	\$41.00	444502-04
3/6-3/27	M	8:15-10:15pm	4x	\$33.00	\$41.00	144502-01
4/3-4/24	M	8:15-10:15pm	4x	\$33.00	\$41.00	144502-02
5/1-5/22	M	8:15-10:15pm	4x	\$33.00	\$41.00	144502-03

No Class: 1/16, 2/20, 5/29

YANG STYLE TAIJI QUAN-LONG FORM

This class provides an introduction to the basic forms in the classical long-form style of the Yang tradition. Through a combination of meditative movements (94) the body becomes stronger, healthier, achieving the all-encompassing harmony of the mind, body and spirit. Taiji Quan as a preventive health measure can help arthritis, balance, circulation, high blood pressure and multiple sclerosis, with exponential benefits. For beginners, the emphasis is on body alignment, balance and the awareness of qu in the learning of 18 basic forms.

Instructor: Angela Hsiao

Location: Arlington Clubhouse - 1120 Arlington Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/17-1/31	Tu	10-11am	3x	\$31.00	\$38.50	464520-02
2/7-2/28	Tu	10-11am	4x	\$42.00	\$52.00	464520-03
3/7-3/28	Tu	10-11am	4x	\$42.00	\$52.00	164520-06
4/4-4/25	Tu	10-11am	4x	\$42.00	\$52.00	164520-07
5/2-5/30	Tu	10-11am	5x	\$52.00	\$64.50	164520-08
Drop-In Fee				\$12 Resident/ \$15 Non-Resident		

No Class: 1/3, 1/10

YOGA HEALTH & WELLNESS

Ages 18-75

This yoga class will harmonize your body, mind and spirit in order to create a sense of inner well being. It integrates various styles of Yoga including: Hatha, Iyengar, Ashtangai, Vinyasa and Power Yoga. The class includes Yoga postures, body movement pranayama (breathing techniques), relaxation/visualization, and self-massage. The instructor has practiced and taught yoga for over 25 years. Drop-ins are welcome. Note: The floor is hard; please bring a thick mat to class (or two regular mats).

Instructor: Bruce Guterman

Location: Senior Center MPR - 6500 Stockton Avenue

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/2 - 1/30	M	7:30-9pm	5x	\$40.00	\$50.00	444524-03
2/6 - 2/27	M	7:30-9pm	4x	\$32.00	\$40.00	444524-05
3/6 - 3/27	M	7:30-9pm	4x	\$32.00	\$40.00	444524-07
4/3 - 4/24	M	7:30-9pm	4x	\$32.00	\$40.00	444524-09

TAIKO

The art of Japanese drumming, which develops self-expression and musical creativity!

PLEASE NOTE: Taiko is a physical activity requiring fitness and stamina. Taiko is a demanding and challenging endeavor. It requires peak physical conditioning and flexible joints and muscles. No individuals with physical impairments, past injuries or medical conditions should sign up for this class. The Instructor reserves the right to reject questionable physical conditions and/or require a doctor's written permission and written waiver of liability. Prospective students should take a trial class before registering the class. Material Fee is paid to the instructor for Taiko equipment rental fees.

Instructor: Kensuke Sumii

Location: Open House Senior Center, Multi Purpose Room - 6500 Stockton Ave.

FEES

Material Fee	\$45
Monthly Fee	\$28 Resident/ \$35 Non-Resident
Drop-In/ Trial Fees	\$25 Resident / \$31.25 Non-Resident
Drop-In / Trial fee will be subtracted from class fee if student decides to register for class.	

TAIKO 1A (INTRO)

You'll be introduced to the kinds and uses of Taiko drums, and sounds of various beats, as well as Japanese expressions. This class requires a specific discipline to practice Taiko, which includes practicing bare-footed, no food or drink, no rings, no jewelry of any type, no open discussions about unrelated topics during the class.

MONTH

January - April

DAY/TIME

Friday 7-8:30pm

TAIKO 1B

Class designed for players with basics of Taiko; such as body movements and forms, sound variations, handling of drum sticks and counting patterns. This course will challenge students to develop more physical strength and flexible body movements as well as to comprehend more complex rhythmic patterns than those of introductory level classes.

MONTH

January - April

DAY/TIME

Fr 5-7pm

DAY/TIME

Su 5-8pm

TAIKO 2

This course is designed for individuals with advanced knowledge and understanding of Taiko drumming theory. It will improve the player's power, speed, rhythm, and other important aspects of drumming skills. This course requires individual discipline to formulate group uniformity, which leads to sound unity, as well as physical strength. Everybody is required to have appropriate taiko drum sticks, which are available from the instructor.

MONTH

January - April

DAY/TIME

Su 1-4:30pm

DAY/TIME

W 5:30-7:30p

DAY/TIME

W 7:30p-10p

ADULTS: FITNESS

On-site
Drop-in fees are payable
by check only. To arrange for making
credit card payments
please contact the office at
(510) 559-7000.

X-FIT BOOT CAMP

X-Fit Boot Camp is an inspiring, fun and challenging group fitness class designed to benefit everyone from a first-timer to a seasoned athlete. Bringing together elements of athletic conditioning, strength training, core and functional training, body weight exercise, stretching and plyometric training, the X-Fit Boot Camp is scaleable to individual needs and is designed to improve your quality of life.



For more information and to RSVP to a class contact us at: XFit.JR@gmail.com or (510) 289-4200.
Check us out at: www.XFitTrainingEastBay.com

Instructor: See schedule below
Location: **Community Center - 7007 Moeser Lane;**
Location: **Castro Clubhouse - A, 1420 Norvell Street**

X-FIT FEES

8x per month	\$99 Residents/\$123 Non-Residents
12x per month	\$119 Residents/\$148 Non-Residents
Unlimited per month	\$139 Residents/\$173 Non-Residents
First time workouts	\$10 one time drop-in/\$30 for 3 classes

Drop-In Fee \$20 Boot Camp

*On-site payment by check only or call the El Cerrito Community Center to place a credit card on file.

No Class: 1/16, 2/20, 5/29

X-FIT BOOT CAMP SCHEDULE: JANUARY – MAY 2017

TIME/DAY	MON	TUES	WED	THUR	FRI	SAT
5:30am Boot Camp	Kersten Community Center	Joe Community Center	Becky Community Center	Joe Community Center		
7:00am Boot Camp						Kersten Community Center
7:00pm Boot Camp	Joe Castro Clubhouse	Kersten Castro Clubhouse	Joe Castro Clubhouse	Becky Castro Clubhouse	Becky Castro Clubhouse	

El Cerrito Community Center Zumba

Winter/Spring

CLASSES	MON	TUE	WED	THURS	FRI	SAT	SUN
Zumba* Have fun dancing all week with El Cerrito Community Center Zumba. Get a great cardio workout while improving stamina and coordination.	9 am Stephanie	9 am Stephanie	9 am Leigh	9 am Pam	9 am Stephanie	9 am Stephanie	9 am Kae
	7 pm Norah		7 pm Kae	7:15 pm Stacy	7 pm Kae		
Zumba Gold* A class offering low impact cardio with the same great music. Great for beginners!	10:10 am Pam	10:10 am Stephanie <i>with a Touch of Toning</i>	10:10 am Sylvia		10:10 am Stephanie		

*Instructor schedule and location are subject to change. All Zumba classes are 60 minutes.

SPECIAL EVENTS + GARDEN ROOM DATES

No Class: 2/11, 2/22, 4/29, 5/21
Garden Room Dates: 1/7, 1/12, 1/20, 1/21, 2/9, 2/12, 2/25, 3/3, 3/4, 3/5, 3/9, 3/11, 3/25, 4/22, 5/11, 5/26

ZUMBA + GOLD

El Cerrito Resident

Non Resident

MONTHLY

\$83

\$103

DROP-IN

\$8

\$8

Join our email list to receive ECCC Zumba News.

For information, contact Stephanie Ramos at (415) 225-5661 or stephanie4zumba@gmail.com



For updated class & instructor schedules, go to ECCC's class calendar at <https://goo.gl/tppHic>

ADULTS: ENRICHMENTS

On-site
Drop-In fees are payable
by check only. To arrange for making
credit card payments
please contact the office at
(510) 559-7000.

ARTS

ACRYLIC & WATERCOLOR ARTS

In this class students with all levels of skill work together, discuss their painting, and learn from each other. Accomplished painters as well as people with no experience are welcome. As students need instruction or help with individual problems and interests, the instructor will demonstrate painting techniques, materials, textures, color theory, and composition.

Instructor: Mei Yu Black

Location: Canyon Trail Club - 6757 Gatto St.

DATE	DAY	TIME	RES	NRES
Drop-In	Thur	10:30-12:30pm	\$11.00*	\$13.50*
Drop-In	Fri	10:30-2:00pm	\$11.00*	\$13.50*

*On-site payments by check only

IKEBANA

Lessons in the classical Enshu style of Japanese flower arranging, from basic through advanced. We ask students to bring shears, a shallow container with a pin frog, flowers and/or branches that they would like to arrange.

Material Fee: Optional \$5 or \$10 for branches and flowers

Instructor: Rayko Kurosaki

Location: Community Center, Teeter Tot Room - 7007 Moeser Ln.

DATE	DAY	TIME	RES	NRES
Drop-In	2nd & 4th Tues of the Month	2- 4pm	\$11.00	\$13.50

POTTERY: CLAY DURING THE DAY

Beginning and Intermediate levels welcome. Participants work at their own pace on individual projects with help, when needed, from the instructor for hand-built, thrown or sculptural pieces. Cost includes firing, glazes and use of studio tools and equipment.

Clay is available for \$12 for a 25 pound bag.

Instructor: Barbara Edwards

Location: Tassajara Pottery Studio - 2575 Tassajara Ave.

DATE	DAY	TIME	RES	NRES
Drop-In	Mon	12:30-3:30pm	\$11.00*	\$13.50*

*On-site payments by check only

POTTERY: MONDAY NIGHT OPEN STUDIO

Come and explore ways to express yourself with clay. Experience with clay is helpful but not necessary. Demonstration and instruction will be provided upon request. You may drop into the studio at any time during the year. You pay for each evening that you attend. The cost of the class includes the use of the studio, all glazing materials and firing.

Clay is available for purchase at \$12 per 25lb bag.

Instructor: Patty Fujiwara

Location: Tassajara Pottery Studio - 2575 Tassajara Ave.

DATE	DAY	TIME	RES	NRES
Drop-In	Mon	7-9:30pm	\$11.00*	\$13.50*

*On-site payments by check only

No Class: 1/16

POTTERY: WEDNESDAY EVE WORKSHOP

An ongoing studio class for people to develop and work on clay and pottery. All levels welcome. Both on and off the wheel approaches are fine. Instructor is there to assist students and encourage them at their own pace. Clay is available at the studio for \$12 per 25lb. bag.

Instructor: Chris Lack

Location: Tassajara Pottery Studio - 2575 Tassajara Ave.

DATE	DAY	TIME	RES	NRES
Drop-In	Wed	7-9:30pm	\$11.00*	\$13.50*

*On-site payments by check only



GET FIT IN EL CERRITO

THE CENTENNIAL CHALLENGE

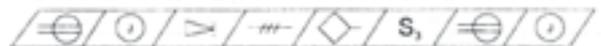
In honor of the City of El Cerrito's 100th birthday, let's all challenge ourselves to perform at least 100 moderate to vigorous activities throughout 2017.

Beginning in early January 2017, official "scorecards" will be available in person and online to help you track your progress and give you helpful hints on how to mix up your exercises.

Challenge your family, friends and neighbors to meet up with others in the community and exercise together!

Special prizes will be awarded to everyone who meets the 100 exercises goal. Check out www.el-cerrito.org/GetFit for more information.

FAIRMOUNT ELECTRIC



California Contractor License #644125

Gene Robinson

Owner

3020 El Cerrito Plaza #530
El Cerrito, CA 94530
www.fairmoutelectric.com

Quality Guaranteed
Phone/Fax: (510) 528-1209
gene@fairmoutelectric.com

ADULTS: DANCE & ONLINE CLASSES

On-site
Drop-in fees are payable
by check only. To arrange for making
credit card payments
please contact the office at
(510) 559-7000.

DANCE

POLYNESIAN DANCE

Learn the ancient and modern dances of Hawai'i, Samoa, Tahiti and Aotearoa (New Zealand) coupled with their cultural background. Kumu (teacher) leads the dance troupe "Hui Hula o nā Pu'u i ka Noe."

Instructor: Kalena Gregory

**Location: Community Center, Skylight Room
- 7007 Moeser Lane**

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/10-1/31	Tu	6:30- 7:30pm	4x	\$37.00	\$46.00	444531-04
2/7-2/28	Tu	6:30- 7:30pm	4x	\$37.00	\$46.00	444531-05
3/7-3/28	Tu	6:30- 7:30pm	4x	\$37.00	\$46.00	144531-01
4/4-4/25	Tu	6:30- 7:30pm	4x	\$37.00	\$46.00	144531-02
5/2-5/23	Tu	6:30- 7:30pm	4x	\$37.00	\$46.00	144531-03

No Class: 1/3, 5/30

POLYNESIAN DANCE ADVANCED

This class is for wahine dancers who have had at least 2 years of ancient and modern hula, Samoan Tahitian dance. Kumu (teacher) leads the dance troupe "Hui Hula o nā Pu'u i ka Noe."

Instructor: Kalena Gregory

**Location: Community Center, Skylight Room
- 7007 Moeser Lane**

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/10-1/31	Tu	7:30- 8:30pm	4x	\$37.00	\$46.00	444537-01
2/7-2/28	Tu	7:30- 8:30pm	4x	\$37.00	\$46.00	444537-02
3/7-3/28	Tu	7:30- 8:30pm	4x	\$37.00	\$46.00	144537-01
4/4-4/25	Tu	7:30- 8:30pm	4x	\$37.00	\$46.00	144537-02
5/2-5/23	Tu	7:30- 8:30pm	4x	\$37.00	\$46.00	144537-03

No Class: 5/30

SUHAILA SALIMPOUR BELLY DANCE

In Level 1, students learn the introductory terminology and skills to begin this Middle Eastern art form. Classes include a thorough warm-up to build strength and flexibility, detailed technique breakdowns, drills, and fun combinations. Some students move forward quickly, and others enjoy repeating Level 1 several times. The format is designed to allow you to take things at your own pace.

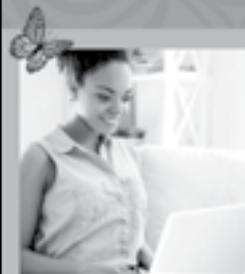
Instructor: Suhaila Salimpour

Location: Suhaila Studio - 425 San Pablo Ave

DATE	DAY	TIME	MEETS	RES	NRES	ACTIVITY
1/3-4/25	Tu	7- 8:30pm	17x	\$248.00	\$307.50	444539-01
1/7-4/29	Sa	9:30-11am	17x	\$248.00	\$307.50	444539-02
5/2-8/29	Tu	7- 8:30pm	18x	\$262.00	\$325.00	144539-01
5/6-8/26	Sa	9:30-11am	17x	\$248.00	\$307.50	144539-02

Drop-In Fee \$17 Resident/\$21.25 Non-Resident

El Cerrito Recreation Dept



Learn from the
comfort of home!

24-Hour Access

Discussion Areas

6 Week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start
as low as: **\$90**



INSTRUCTOR-LED ONLINE COURSES

Creating Web Pages

Learn the basics of HTML so you can design, create and post your very own site on the Web.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Mac, iPhone, and iPad Programming

Learn to create Mac, iPhone and iPad apps and programs using Objective-C and the Xcode compiler.

Creating WordPress Websites

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

Resume Writing Workshop

Discover the secret for transforming your tired and boring resume into a powerful tool that will get you interviews.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate and acquire the tools for solving problems and resolving conflicts.

HIPAA Compliance

Learn how to comply with the duties, rights and responsibilities of HIPAA, ARRA & HITECH.

LSAT Preparation - Part 1

Learn about law school entrance procedures, develop your analytical reasoning skills and improve your test-taking skills (course 1 of 2).

Blogging and Podcasting for Beginners

Learn how to create your very own blog and add a podcast too, using the tools that you already have available on your computer.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Using Social Media in Business

Learn how to use the five most popular social media platforms (Facebook, Twitter, LinkedIn, Pinterest and Google+) to grow and promote your business.

Introduction to Microsoft Word 2013

Master the basic features of this powerful wordprocessing program to professionally type, edit and format text, spell check and print documents.

Call Us or Visit our Site to Enroll!

(510) 559-7000

ed2go.com/elcerritocomsvc

SENIORS: OPEN HOUSE SENIOR CENTER



OPEN HOUSE SENIOR CENTER

The Senior Services Division of the City's Recreation Department offers many excellent programs and services for adults 50 years and older. The Open House Senior Center offers many outstanding program and services to community members. Adults 50 Plus have the opportunity to transform their aging experience into something positive and life-fulfilling. Our goals are to provide holistic improvement of overall health status and a productive, active, satisfying, and healthy life-style. There are many innovative, new and enhanced programs available for health promotion and enrichment of life. Come join us to expand your social circle, continue with life-long learning, enjoy the art of living, and continue to grow in many aspects of your life!

Location

6500 Stockton Ave., El Cerrito
(Behind El Cerrito Library)

Hours

Monday -Thursday 8:30am-5:00pm
Friday 8:30am to 4:00pm

Mailing Address

10890 San Pablo Avenue, El Cerrito, CA
94530

Phone & Fax

P (510) 559-7677, F (510) 524-3965

Web Site

www.el-cerrito.org/seniorservices

MISSION STATEMENT

The Open House Senior Center is committed to improving the quality of life of adults 50 years and older.

It is the goal of our staff and volunteers to provide programs and services for the vigorous and independent person as well as the frail and vulnerable in the most integrated setting. We value and respect everyone's right to age in place.

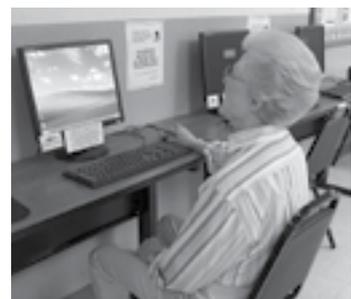
VOLUNTEER OPPORTUNITIES

Continued involvement and service to the community is greatly encouraged by Senior Services staff. Volunteers gain many rewards from their service and older adults continue to thrive due to the extra care and dedication volunteers provide. Job experience, new skills, giving back to the community, keeping active while saving your tax dollars, doing something new, and worthwhile all add to the volunteer experience. Volunteers have the opportunity to work at a "Focal Point" in our community meeting others and passing on knowledge, experience and skills to help others.

Continued involvement and service to the community is encouraged, which in turn promotes and enriches one's life.

CYBER CAFÉ

- Café limited to adults 50+ years of age
- All users register in lobby before using computers
- Use - One hour per day at a time
- Additional computer time allowed when no one is registered on wait list
- Computer resource staff available to help Monday 10am-12noon



DATE	DAY	TIME	RES.	NON. RES
Ongoing	M-F	9-4pm	Free	Free

SENIORS: GIVING

PLANS FOR GIVING

The Open House Senior Center provides a broad range of programs and services for adults 50 plus to live productive, active, satisfying, and healthy live-styles by improving their overall health. Activities range from health, wellness, cultural, arts, and writing to recreational and technology. Services include a daily lunch program, health clinics, health insurance counseling, and tax preparation. All programs are listed in the Senior Programs section of this brochure or on the City website: www.el-cerrito.org/seniorservices

Fundraising is an important part...

of our service mission as many of our activities and services depend on donations to provide direct service to older adults in our community. Tax-deductible contributions from individuals and groups are gratefully acknowledged. Cash donations can be made monthly, or annually during our November Fundraising Mail Campaign. Supporters and backers of our programs and services give back to the community by choosing to:

- Honor the memory of a loved one or give in memory of those who have touched their lives
- Celebrate joyous occasions with special gifts to honor births, birthdays, weddings, promotions, anniversaries, and retirements.
- Give gifts of stock.
- Leave a legacy by making planned gifts that ensure our continued success with bequests, life-income gifts, trusts, and life insurance.

Cash gifts can be made by check, Visa or Master Card credit cards. Bequests of cash, appreciated property, securities, real estate or life insurance can be made out-right or in a trust. Consult your attorney to make bequest provisions in your will.

Gift donations, made payable to the Open House Senior Center can be made in person at the Senior Center, 6500 Stockton Avenue, El Cerrito or mailed to Open House Senior Center Center, City Hall, 10890 San Pablo Avenue, El Cerrito, CA 94530.

SENIORS: EVENTS

SENIOR TECHNOLOGY DAY

El Cerrito Senior Center and Committee on Aging will be hosting the first:

**El Cerrito Senior Technology Day
February 22, 2017, 9am- noon**

This will be your opportunity to learn about new technology available to help senior with daily living, transportation, their phone, communicating with love ones and so much more.

This event is limited to 50 people.

El Cerrito Community Center
7007 Moeser Lane, El Cerrito, CA 94530
More information call (510) 559-7677

PICKLE(BALL) RELISH TOURNAMENT

Saturday June 10, 2017

Women's and Men's Division

Sunday June 11, 2017

Mixed Doubles Division

Location

- El Cerrito High School, Tennis Courts – 540 Ashbury Ave, El Cerrito, CA 94530

Cost:

- **\$25** per player per division

Divisions

- Recreational Division: 3.0 below
- Competitive Division: 3.5 above

Medals awarded to the top 3 winners in each category!

Tournament Schedule

for both Saturday AND Sunday:

- 8:00-8:45am Sign In and Practice
- 8:45-9:00am Meeting and Line-up
- Saturday 9:00am Start Women's and Men's Doubles Divisions
- Sunday 9:00am Start Mixed Doubles Division

Call (510) 559 7677

SENIORS: PARATRANSIT

EASY RIDE PARATRANSIT SERVICE

Monday thru Friday

The Senior Services Division is committed to providing seniors 65 and older and disabled residents 18 years and older with a quality transportation service.

Easy Ride is a transportation service for El Cerrito's senior and disabled residents that help them perform daily activities within the City of El Cerrito. Funded by the Contra Costa County Measure J sales tax revenue.

- Shopping
- Banking
- Community Meetings
- Getting to appointments: hairdresser, nail salon, doctor, dentist, dialysis etc.
- Visiting friends and family
- Attending afternoon classes or recreational programs
- Work

Application forms must be completed before scheduling a ride and are available at the Open House Senior Center or visit www.el-cerrito.org/recreation and link to Senior Services.

Reminder: Passengers must be ready 10 minutes before scheduled pick-up time.

What is Easy Ride?

Easy Ride is a door-to-door transportation service for El Cerrito residents, seniors 65 and older and the disabled 18 years and older. Easy Ride provides trips only within the City of El Cerrito. Passengers will share rides with others.



How Do I Get A Ride?

Arranging transportation with Easy Ride is fast and simple. El Cerrito residents may schedule a ride for same day appointment between 8am-9am providing space is available or up to two weeks in advance between 8am-5pm. Call Easy Ride at (510) 559-7677.

Where and When is Service Available?

Easy Ride Service is available only within the City limits of El Cerrito. Monday-Thursday 9am-5pm and Friday 9am-4pm.

How Much Does It Cost?

The cost for van service is \$2.00 per one-way ride. Tickets are sold only in books of ten, \$20.00 per book at the Senior Services Office or by mail. We accept checks or Visa, AMEX and MasterCard credit cards.

When calling to arrange a ride, provide the following:

- Your first and last name
- Your requested pick-up and/or drop off time
- Pick-up address and destination address within the City of El Cerrito
- If you will be using a wheelchair or other mobility device (walker, cane, etc.)
- If you will be traveling with a caregiver (caregivers ride for FREE.)

Passenger Handbook available to all riders.

Call Easy Ride at (510) 559-7677.

HICAP

HICAP provides confidential one-on-one counseling for Medicare recipients. Medicare basic and supplemental insurance plans seem and can be very complicated. HICAP provides unbiased information to help you make the best choice for your individual health care needs. HICAP services are available to all persons 60 years of age and over, and anyone receiving Medicare regardless of their age.

Location: Open House Senior Center

Must schedule an appointment by calling (510) 559-7677.

DATE	DAY	TIME	RES	NRES
1st, 3rd & 4th	T	1pm-3pm	No Fee	No Fee

SENIORS: SUPPORT GROUPS

ALZHEIMER'S RESPITE PROGRAM

A program designed for individuals with Dementia, including Alzheimer's disease and other memory losses. Program offers close supervision with an array of activities designed to keep the participant at their highest activity level possible. These activities include exercise, music, art, discussion, and therapy pet visits. Lunch is included. Call (510) 559-7677 to schedule a visit or to register.

Facilitator: Carol Kehoe

Location: Open House Senior Center

DATE	DAY	TIME	MEETS	RES.	NON. RES.
Ongoing	T	10-3pm	Monthly	\$100	\$125

Contra Costa

CHINESE PEER COUNSELING

If you have aging issues and concerns, someone is willing to listen and give support. The Senior Peer Counseling Program offers both individual counseling and support groups to residents of Contra Costa County who are 55 years of age or older.

Facilitator: Peer Counselor

Location: Open House Senior Center

INDIVIDUAL SESSION

DATE	DAY	TIME	RES.	NON. RES.
Ongoing	M & TH	10-Noon	No Fee	No Fee

GROUP SESSION

DATE	DAY	TIME	RES.	NON. RES.
Ongoing	M & TH	1-2pm	No Fee	No Fee

Contra Costa

RESOURCE SERVICE SPECIALIST

If you are 55 years of age or older and a resident of Contra Costa County, you can take advantage of our new Resource Specialist who is able to assist seniors with filling out of paperwork related to almost any services, i.e. applying for Medi-Cal, Social Security, and Housing or Immigration status. The Resource Specialist is bi-lingual (English and Spanish) and has a wealth of knowledge of resources in the community. Must schedule an appointment by calling (510) 559-7677.

INDIVIDUAL SESSIONS

DATE	DAY	TIME	RES.	NON. RES.
Ongoing	T	9:30-11:30am	No Fee	No Fee
Ongoing	M	2:00-4:00pm	No Fee	No Fee

WOMEN'S SUPPORT GROUP

This is an ongoing, low-fee group for older women who are isolated or stressed by life circumstances and could benefit from sharing with other women in a supportive environment. Members listen and share with the aim of creating a group where they can learn from each other and continue to grow and develop. Call (510) 220-5043 for further info regarding this group.

Facilitator: Amy Glick, MFT

Location: Open House Senior Center

DATE	DAY	TIME	RES.	NON. RES.
Ongoing	TH	1:30-3:00pm	\$12.00	\$14.00

SUPPORT GROUP

FOR THE VISUALLY IMPAIRED

The Lion's Center for the Visually Impaired co-sponsors this monthly support group. The object of these monthly meetings is to allow individuals to discuss issues affecting their lives. All issues are open. Independent living skills, training in the home and mobility orientation is provided for those who seek it.

Facilitator: Ed Schroeth

Location: Open House Senior Center

DATE	DAY	TIME	RES.	NON. RES.
Ongoing	2nd T of the month	1-2:30pm	No Fee	No Fee

AARP TAX-AIDE INCOME TAX PREPARATION

**Monday, Wednesday and Thursday
February 1- April 13, 2017**

Trained volunteers will be available to help low and moderate-income seniors with their State and Federal forms. There is no charge for this service. But, donations to the senior center are gratefully appreciated.

**You must have a scheduled appointment,
call (510) 559-7677.**

SENIORS: NATURE

HIKING

Hikes to Marin Headland Trails, Point Reyes National Sea-shore, Marin Municipal Water District, and East Bay Regional Park District Trails are scheduled throughout winter 2016 and spring 2017. Hikes range from easy, moderate to strenuous. Reservations and advance payment are required. 50 Plus Newsletter for information, or pick-up a flyer at the Senior Center. Call (510) 559-7677 for dates & times.

Leaders: Volunteers

Location: Open House Senior Center

DATE	DAY	TIME	SHORT	LONG
Ongoing	1st F	8:30am-2:30 or 3:30pm	\$12	\$17
Ongoing	3rd F	8:30am-2:30 or 3:30pm	\$12	\$17

BIRDING

Birding is a wonderful way to re-connect with nature. It will help sooth out your frazzled lives, provides just plain fun and will always be an adventure. We live in a diverse area full of different types of birds. We will see some very common "yard" birds and some birds you may not have ever seen, or could identify. Reservations and advance payment are required. 50 Plus Newsletter for information, or pick-up a flyer at the Senior Center. Call (510) 559-7677 for dates & times.

Leaders: Volunteers

Location: Open House Senior Center

DATE	DAY	TIME	SHORT	LONG
Ongoing	2nd F	8:00-2:00pm or 3:30pm	\$12	\$17
Ongoing	4th F	8:00-2:00pm or 3:30pm	\$12	\$17

SENIORS: GARDEN

The Lucile W. Weingart

ORGANIC COMMUNITY GARDEN

Raised Garden Containers for Rent

- Ideal for those who no longer have a garden or live in an apartment
- Raised redwood containers are available for you to grow your own herbs, vegetables and/or cut flower garden.
- Garden site has 4'x 8' raised, wood containers, soil and water provided.

Please call (510) 559-7677.

El Cerrito Residents	\$5.00 per month or \$50.00 per year
Non-Residents	\$7.00 per month or \$70.00 per year

Rentals are based on container availability. No Refunds.



ADDITIONAL SENIOR SERVICES

Age 50 Plus Unless Otherwise Noted

- Stationary Exercise Bikes
- 50 Plus Bulletin, a free newsletter, mailed monthly. Sign-up at office to receive bulletin
- Magnified monitor for viewing reading material
- Weekly distribution of baked goods from Artisan bakeries (Mondays)
- Coffee/Tea Bar
- Scholarships
- Video, Book Library & Jigsaw Exchange
- Bicycle racks available outside building
- Registry, "Emergency List" for those needing assistance in emergencies
- Free Smoke Detector Service through El Cerrito Fire Department
- Defibrillator located inside Senior Center for emergencies

Global Outlook...

...Local Focus!



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SENIORS: FITNESS

50 PLUS FITNESS / MAT WORKOUT

Get in shape, tone your muscles, and increase your flexibility, range of motion, endurance, and stamina. Have fun!!! Resistance chords and toning balls are used while working on mats in the first half of the class, proceeding to chair exercises, and finally low-impact aerobics. Newcomers are encouraged to try the class to see if this is the fitness class that best fits their needs. Men are encouraged to attend. Class members are asked to stay in their own range of comfort. Instructor has 20 plus years of fitness teaching experience, working with all ages.

Instructor: Judy Katz

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON. RES
Ongoing	T	9:30-10:30am	\$4.75	\$5.75
Ongoing	TH	9:30-10:30am	\$4.75	\$5.75

AWARENESS THROUGH MOVEMENT

The Feldenkrais Method® classes involve easy gentle movements that help you make distinctions about your habitual movement patterns. As you learn to increase your sensitivity and awareness, options for graceful, efficient, and spontaneous movement become available. Learn how to increase coordination, flexibility, ease of posture, breath, decrease stress, strain, and pain, learn to develop skills to maintain comfort, and improve self-image. Wear loose, comfortable clothing. Mats are provided.

Instructor: Jane Neilson

Location: Open House Senior Center

MONDAY – FLOOR WORK ON MATS

DATE	DAY	TIME	RES	NON. RES
Ongoing	M	10-11am	\$4.75	\$5.75

WEDNESDAY – SEATED CHAIR WORK

DATE	DAY	TIME	RES	NON. RES
Ongoing	W	10-11am	\$4.75	\$5.75



BALANCE TRAINING & FALL PREVENTION

An exercise class designed to reduce the risk of falling by improving balance, building strength, increasing agility, and enhancing posture. Experience greater confidence, control and safety in your activities. A great supplement to any other exercise class and recreation endeavor. Must be able to walk across a room without an assisted device.

Instructor: Lindsay Wheeler

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON. RES
Ongoing	M	2-2:45pm	\$4.75	\$5.75

BONES FOR LIFE

Bones For Life helps address the deterioration of bone tissue. This pioneering work focuses on a preventative strategy for dealing with osteoporosis. Build stronger bones, better posture, improve coordination and balance, move with more ease and grace, and reduce pain with simple, gentle, and effective exercises. Lessons are done lying on the floor, in sitting and in standing. Students should wear comfortable, loose fitting clothing.

Instructor: Trish Clifford (Movement Coach, Feldenkrais Practitioner, and Bones for Life Teacher)

Location: Open House Senior Center

DATE	DAY	TIME	MEETS	RES	NONRES
1/18-2/22	W	9am-10am	6x	\$42	\$50
Drop-In*				\$8	\$9.50

*Drop in only for those who have previously attended a 6-week session

SENIORS: FITNESS

PICKLEBALL

Pickleball is a paddle sport created for all ages and skill level. It's a fun sport that combines many elements of tennis, badminton and ping-pong. You play with a paddle and a plastic ball. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Many kids and teenagers play it in P.E. classes in middle and high schools. Seniors enjoy the social aspects and the ability to stay active. Tennis, racquetball and ping pong players love the competitive nature of the sport and regularly participate in tournaments. We will have loaner paddles and offer lessons for beginners. If you have an extra paddle that you're willing to lend to a beginner for the session, please bring it.



Instructor: Brandon Bell

Location: Castro Park Tennis Courts - on Lawrence St. between Donal & Gladys

DATE	DAY	TIME	SENIOR 50+	UNDER 50 YRS.
Ongoing	TH	3pm-5pm	\$3	\$5

T'AI CHI CHIH

Health through movement. T'ai Chi Chih was developed into an exercise meant for relaxation and reduction of stress. Exercises aligned with balance, meditation and wellness. Experience relaxation, balance, renewed energy, a feeling of well being, and serenity. The movements are relaxed, effortless, flowing, and take simple coordination so that people of any age can easily do them. Chairs available.

Instructor: Ian Huebsch

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON. RES
Ongoing	M	10-11am	\$4.75	\$5.75

YOGA HEALTH & WELLNESS

Ages 18-75 • See page 17

SENIORS: HEALTH

MASSAGE

Our massage therapist employs techniques including Swedish, Shiatsu and Deep Tissue work; focusing on injuries, stress management and muscular-skeletal issues. Linda has worked with clients for over 12 years and customizes each session to address each individual client's need. A 15-minute head, neck, shoulder, back and foot massage done over clothes is designed to enhance general relaxation, improve sleep, increase feeling of well being, and reduce muscular tension and associated discomfort. Reduce the day-to-day stresses of chronic conditions, family concerns and the many other factors that contribute to our stress.

Masseuse: Linda Giddings, Certified Massage Therapist

**Location: Open House Senior Center
Call (510) 559-7677 to schedule an appointment.**

DATE	DAY	TIME	FEE
Ongoing	W	9:15-12pm	\$13.00*
	T	10:30-12:30pm	\$13.00*

* for a 15-minute massage to be paid at time of service

PODIATRIST APPOINTMENTS

Examines and evaluates feet, trims corns, calluses, and toenails. This foot clinic is essential for all who desire healthy feet.

**Location: Open House Senior Center
By Appointment Only: (510) 559-7677**

DATE	DAY	TIME	FEE
Ongoing	Once a month on a Friday	8:30-12:30pm	\$25 fee to be paid at time of service

BARBER / HAIRCUT

To have your hair cut or set please call (510) 559-7677 for an appointment. You must come with hair pre-washed. Walk-ins are welcome when time permits.

Instructor: Angie

Location: Open House Senior Center

DATE	DAY	TIME	RES.	NON. RES
Ongoing	W	9:30-1pm	\$8.00	\$8.00

SENIORS: ART

ART – WATERCOLOR & ACRYLIC

Weekly workshops in a variety of watercolor and acrylic techniques for the beginning and continuing student. Subject matter includes still life, floral, landscapes, and other subjects of interest to students. Join at any time. Beginners receive individual instruction. Bring any supplies you may have to the first class. The instructor will provide guidance on new purchases. Drop-ins are welcome.

Must enroll in person at the class or online at www.contracosta.edu.

Instructor: Donna Fenstermaker

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON RES
Jan 24 – May 25	W	1:15-4:15pm	\$4.75*	\$5.75*

*Suggested donation per class.

ART – DRAWING

Weekly workshops in a variety of drawing techniques for beginning and experienced students. Working from still life and outdoor settings, the student will study techniques in perspective, light, shading and color. Students will work with various materials including pencils, charcoal and oil pastels. No art background necessary. Bring any supplies you may have to the first class. The instructor will provide guidance on new purchases. Drop-ins are welcome.

Must enroll in person at the class or online at www.contracosta.edu.

Instructor: Sai Thongvahn

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON RES
Jan 23 – May 22	M	3:00-5:00pm	\$4.75*	\$5.75*

*Suggested donation per class.



SENIORS: MUSIC & DANCE

BEGINNER GUITAR CLASSES

Have you ever been interested in learning to play acoustic guitar? Designed for the complete guitar beginner with little or no musical experience. Learn basic open positions, chords, and strumming.

Instructor: Terry Lee

Location: Open House Senior Center

DATE	DAY	TIME	RES.	NON. RES
Ongoing	F	10-11am	\$4.75	\$5.75

SING-A-LONG

Join a fun group of people who are passionate about the old "Broadway Play" songs. Lively and enthusiastic atmosphere invites you to listen and learn the tune.

Location: Open House Senior Center

DATE	DAY	TIME	RES.	NON. RES
Ongoing	F	11:15-12pm	\$2.00*	\$3.00*

*Suggested donation

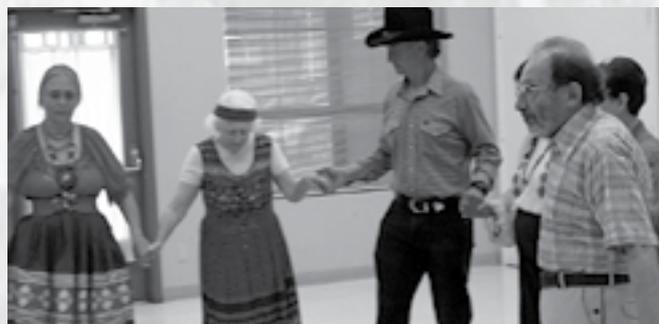
INTERNATIONAL FOLK DANCE

Folk dancing is a wonderful way to express yourself and enjoy people. In the first hour we will do simpler, well-loved dances that will allow us to learn some of the most intriguing dances around. We'll pick and choose the dances for the second hour. The instructor is a popular Bay Area folkdance teacher who will set your feet dancing with clearly taught lessons. No partners needed! Maybe this is for you! First session is free.

Instructor: Mel Hart

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON RES
Ongoing	F	9-11am	\$4.75	\$5.75



SENIORS: LANGUAGES

SPANISH CLASS

All Levels: Beginners – Experts

Beginners must know some Spanish. Come join the fun, learn Spanish and make new friends.

Instructor: Connie Sutton

Location: Open House Senior Center

DATE	DAY	TIME	MEETS	RES	NONRES
TBA	TU	9am-10:30am	7x	\$15	\$18.50

MEMOIRS WRITING

A weekly group where the focus is you – your life experiences remembered, written and shared. The group process sets the stage, encourages, supports, offers editing feedback, and a warm response. Brief class exercises



will tweak your unique “voice”. Good for beginning to advanced writers. Join us!

Instructor: Margaret Irvin

Location: Open House Senior Center

DATE	DAY	TIME	RES	NON RES
Ongoing	TH	9:30-Noon	\$4.75	\$5.75

GREAT BOOKS DISCUSSION GROUP

Discussing the ideas that are fundamental to high-quality classic and contemporary literature is a fun and challenging way to become a more thoughtful and engaged citizen. If you’d like to get involved in these types of rewarding and challenging conversations, please become a part of our Great Books discussion group! For more information: Great Books Foundation: www.greatbooks.org or call instructor

Instructor: Cecilia Arthur (510) 235-7190

Location: Open House Senior Center

DATE	DAY	TIME	SUGGESTED DONATION
Ongoing	3rd T	1-3pm	\$2.00

*Group purchase of text requires prior payment. No loaner books available.



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WWW.SPURSSOCCER.COM



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www.ccct.org

SENIORS: GAMES

BRIDGE

Want to find out how much fun playing bridge can be? Come join Kathrynne Ann Kinsey every Thursday afternoon for a six week class. Learn the basics by playing with other beginners and find out how stimulating this card game can be.

Instructor: Kathrynne Ann Kinsey

Location: Open House Senior Center

Bridge Players**

DATE	DAY	TIME	MEETS	RES	NONRES
1/5-1/26	TH	1:30pm-3:00pm	6x	\$18	\$18
2/2-2/23	TH	1:30pm-3:00pm	6x	\$18	\$18
3/2-3/30	TH	1:30pm-3:00pm	6x	\$18	\$18
4/6-4/27	TH	1:30pm-3:00pm	6x	\$18	\$18
Drop-In				\$2	\$2

**Bridge players must already know how to play bridge and instructor will be available.

Beginner Bridge Lessons

DATE	DAY	TIME	MEETS	RES	NONRES
1/5-1/26	TH	1pm-3:00pm	4x	\$20	\$25
2/2-2/23	TH	1pm-3:00pm	4x	\$20	\$25
3/2-3/30	TH	1pm-3:00pm	5x	\$25	\$30
4/6-4/27	TH	1pm-3:00pm	4x	\$20	\$25
Drop-In				\$6	\$8

THE EL CERRITO BRIDGE CLUB

Bring your bridge partner or find one at the clubhouse. Format: "Chicago" scoring - each hand stands on its own. Play four hands and then winners move to another table. Play the 2nd and 4th Saturday of the month 5pm-8pm. All level of players welcome. Beginners will have an opportunity to learn the basics from Bridge Instructor Kathrynne Ann Kinsey. Players are asked to bring a snack to share and any questions, contact Kathrynne Ann at (510) 285-7566



Instructor: Kathrynne Ann Kinsey

Location: Open House Senior Center

DATE	DAY	TIME	MEETS	FEE
2nd	Sa	2-5pm	1	\$5 per person
4th	Sa	2-5pm	1	\$5 per person

CANASTA GROUP

Canasta is a rummy game from South America. Enjoy playing and learning Canasta during weekly games. All levels of players welcome!

Instructor: Joan Aiken

Location: Open House Senior Center

DATE	DAY	TIME	SUGGESTED DONATION
Ongoing	M	10-12pm	\$2.00

CHESS GROUP

Play, learn, and strategize with the lovers of this amazing board game during their weekly chess games. All levels of play.



Location: Open House Senior Center

DATE	DAY	TIME	SUGGESTED DONATION
Ongoing	TH	1-4:30pm	\$2.00

MAH-JONG

We offer ongoing, drop-in groups who enjoy getting together to play friendly games of mah-jong. Come join the fun!

Location: Open House Senior Center

DATE	DAY	TIME	SUGGESTED DONATION
Ongoing	M, T, W & TH	12:30-4pm	\$2.00
Ongoing	F	12:30-3:30pm	\$2.00

Mah-Jong For Beginners

Instructor: Terry Lee

Location: Open House Senior Center

DATE	DAY	TIME	SUGGESTED DONATION
Ongoing	TH	10-12pm	\$2.00




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SENIORS: COMPUTERS

INTRODUCTION TO COMPUTERS

Designed for those who have little or no experience with the computer.

- Disk drives
- Disk utilities
- Starting and stopping your computer
- Parts of the computer
- Computer terminology
- Using the mouse

Instructor: Richard Stellina

Location: Open House Senior Center

Call (510) 559-7677 for start date.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	W/F	10am-Noon	6x	\$30.00	\$30.00

Max: 5

INTERNET COMPUTER CLASS

The Internet is a network of networks that consists of millions of private, public, academic, business, and government networks of local to global scope that are linked by a broad array of electronic and optical networking techniques. Join Curt as he instructs and encourages class members to explore the Internet. Introduction to Computers is required for those who have not used a computer or a PC mouse.

Instructor: Curt Smith

Location: Open House Senior Center

Call (510) 559-7677 for start date.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	T/TH	10am-Noon	6x	\$30.00	\$30.00

Max: 5

ADOBE PHOTOSHOP DESIGN WITH PRECISION

Get exactly the look you want, more quickly than ever before, easily select intricate image content, such as hair, for refinements, compositing or placing in layout. Remove an image element and see the space fill in almost magically. Introduction to Computers is required for those who have not used a computer or a PC mouse.

Instructor: Sheldon Belinkoff

Location: Open House Senior Center

Call (510) 559-7677 for start date.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	F	1-3pm	6x	\$30.00	\$30.00

Max: 4

PHOTOGRAPHY CLASS

This class is more about the art and technique of photography rather than specific photography equipment. Classes will cover exposure, focusing, composition, creative use of tools and techniques, portraits and snapshots, and history and background of photography.

Instructor: Sheldon Belinkoff

Location: Open House Senior Center

Call (510) 559-7677 for start date.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	W	1-3pm	6x	\$30.00	\$30.00

Max: 4

IPAD CLASS

Do you have an IPAD or are you thinking about buying an IPAD? This class will help you decide: Do I need one, where to buy one, which one to buy. You will also learn to use IPAD. Learn how to load music, photos and apps, how to use the camera and more. The best part is that you don't need an IPAD to join the class.

Instructor: Julian Kaye

Location: Open House Senior Center

Call (510) 559-7677 to be placed on wait list.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	M	10am-Noon	4x	\$20.00	\$20.00

Max: 6

IPHONE CLASS

"Learn all you need to know about choosing and using your iPhone"

This class starts at the beginning and will cover how to buy an iPhone and how to use an iPhone. It teaches all the aspects of an iPhone including using the built in camera and storing and sharing photos, using your phone for music, video, emails, apps and just having fun. The class runs once a week for three weeks. You do not need to already have an iPhone to take this class.

Instructor: Julian Kaye

Location: Open House Senior Center

Call (510) 559-7677 to be placed on wait list.

DATE	DAY	TIME	MEETS	RES.	NON. RES
Ongoing	M	10am-Noon	4x	\$20.00	\$20.00

Max: 6

SENIORS: OVERNIGHT TOURS

CHARLESTON & SAVANNAH

(7 Days) March 19, 2017

Highlights / Experiences: Charleston City Tour, Boone Hall Plantation, Fort Sumter Boat Tour, Beaufort, Beaufort Horse Drawn Carriage Tour, Savannah City Tour, Jekyll Island Tour, St Augustine Trolley Tour. 2 Nights in Charleston, SC, 2 Nights Savannah, GA, 2 Nights St. Augustine, Florida, 6-Breakfast, 1- Lunch and 3-Dinners, and Admissions and Sightseeing per Itinerary, 6 Nights First Class Hotel Accommodations. **Fee:** \$2,550.00 per person double, \$750.00 single supplement.

WESTERN FRONTIERS

(9 Days) July 11, 2017

Highlights / Experiences: Yellowstone National Park, Mount Rushmore, Crazy Horse Memorial, Fort Hays, Badlands National Park, Grand Teton National Park, Jackson Hole Valley, Buffalo Bill Historical Center, Devil's Tower, Deadwood, Salt Lake City Tour, Wall Drug Store, Cowboy Cookout. 8-Breakfasts and 4 Dinners, Admissions and Sightseeing per Itinerary, 7 Nights First Class Hotel Accommodations. **Fee:** \$2,795.00 per person double, \$975.00 single supplement.



CAPE COD & THE ISLANDS

(7 Days) September 17, 2017

Highlights / Experiences: Nantucket Island Visit, Nantucket Whaling Museum, Boston City Tour, Plimoth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha's Vineyard Tour, Newport's Ocean Drive, Breakers Mansion Tour, Heritage Plantation. 6-Breakfast, and 3-Dinners, and Admissions and Sightseeing per Itinerary, 6 Nights First Class Hotel Accommodations. **Fee:** \$2,350.00 per person double, \$650.00 single supplement.

FRENCH RIVIERA EXPLORER

(9 Days) October 31, 2017

Highlights / Experiences: Nice City Tour, Chagall Museum, Nice Flower Market, Norte Dame Church, Grasse & the Fragonard Perfume Factory, Ventimiglia, Italy, San Remo, Monte Carlo Area Tour, Monte Carlo Cathedral, Casino Monte Carlo, Antibes, Cannes, St. Tropez, Aix-en-Provence, Eze & St. Jean-Cap-Ferrat. 7-Breakfasts and 3- Dinners, Admissions and Sightseeing per Itinerary, 7 Nights First Class Hotel Accommodations **Fee:** \$3,125.00 per person double, \$475.00 single supplement.

MUSIC CITIES CHRISTMAS

(6 Days) December 1, 2017

Highlights / Experiences: Graceland, Beale Street Dinner, Grand Ole Opry at the Ryman, Shoji Tabuchi Christmas Show, Duttons Family Christmas Show, Branson City Tour, Clinton Presidential Library, Nashville City Tour, Country Music Hall of Fame, Holiday Dinner & Show at the Gaylord. 5-Breakfasts and 4- Dinners, Admissions and Sightseeing per Itinerary, 4 Nights First Class Hotel Accommodations. **Fee:** \$2,350.00 per person double, \$600.00 single supplement.

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SENIORS: DAY TRIPS

CHINESE HISTORICAL SOCIETY OF AMERICA MUSEUM SAN FRANCISCO

(\$55) on Wed., Jan 11, 9:15am-3:00pm

Docent lead tour. The Chinese Historical Society of America Museum is the oldest organization in the country dedicated to the interpretation, promotion, and preservation of the social, cultural and political history and contributions of the Chinese in America. When founded in 1963, there were fewer than 250,000 people of Chinese descent living in the US and CHSA was a lone voice for the study and dissemination of the history of this segment of the United States population. Today, the number of Chinese in the United States has risen to nearly 4 million. *Lunch included at: FORTUNA

THE BERKELEY CITY CLUB, THE "LITTLE CASTLE"

(\$50) on Thur., Jan.19, 9:15am-3:00pm

The Berkeley City Club Conservancy is dedicated to preserving the historic Berkeley City Club building and to promoting the legacy of Julia Morgan, its extraordinary architect. In 1929 ground was broken on the Berkeley Women's City Club. The building was constructed in eleven months and entirely financed by Berkeley women. The Charter was changed in the early 1960's to admit men and the name changed to Berkeley City Club. In 1975 the Berkeley City Club was designated a city landmark, and in 1977 it was added to the National Register of Historic Places. Today the "Little Castle" serves as a club, hotel, dining room, event and conference center. *Lunch included at: Brennan's



Read My Pins: The Madeleine Albright Collection & The Brothers Le Nain:

PAINTERS OF

17TH-CENTURY FRANCE

(\$50) on Wed., Jan. 25, 9:15am-3:00pm

Madeleine Albright's *Read My Pins* presents a remarkable range of more than 200 pins and brooches from the personal collection of Madeleine Albright. The majority of these pieces were collected and worn during Albright's service as US Ambassador to the United Nations (1993-1997) and as the first female Secretary of State (1997-2001), under President Bill Clinton. Albright used her pins as silent yet visually outspoken codes to foreign officials and the press. Albright encouraged, "Read my pins," demonstrating that jewelry had become part of her personal diplomatic arsenal. *Self guided tour. The Brothers Le Nain: Painters of 17th-Century France is the first Major exhibition in the United States devoted to the Le Nain brothers Antoine, Louis and Mathieu. The presentation features more than forty of the brothers' works to highlight the Le Nains' full artistic production. *Self guided tour. *Lunch on your own.



PEERLESS COFFEE & TEA OAKLAND

(\$45) on Wed., Feb. 1, 9:00am-2:00pm

As a Yugoslavian immigrant settling in Oakland in 1920, John Vukasin had a dream to establish a custom gourmet coffee roaster that combined European style coffees with guaranteed freshness and impeccable service. In 1924, he created the Peerless Coffee Company to supply local hotels and restaurants with only the highest quality of roasted coffees. Soon, his reputation for perfection spread, making Peerless Coffee much sought after by restaurant and retail industry. Lunch will be after tour at Fat Lady Restaurant in Jack London Square.

SENIORS: DAY TRIPS

RACHEL DUNN

CHOCOLATE WORKSHOP

(\$60) on Thur., Feb. 9, 9:15am-2:30pm

Have you ever wanted to make beautiful chocolates inside a real chocolate factory? Here's your golden ticket! Come join us at Rachel Dunn's chocolate factory to experience a hands-on chocolate workshop where you'll make your very own delicious American and French chocolates with acclaimed Chocolatier Rachel Dunn! No lunch stop.



ST. GEORGE SPIRITS ALAMEDA

(\$60) on Wed., Feb. 15, 11:00am-4:00pm

The St. George spirits tour will provide an overview of their production area, with the chance to view their stills, fermentation tanks, barrel storage, and bottling line. Your friendly and knowledgeable spirit guide will provide an overview of the distillery's history, introduce you to their family of spirits, and explain their production process and equipment. Lunch before tour at Pasta Pelican Restaurant.

SHADELANDS RANCH MUSEUM

WALNUT CREEK

(\$ TBA) on Wed., Feb. 22, Docent lead tour.

Built by Walnut Creek pioneer Hiram Penniman (1824-1907), the main house on the Shadelands Ranch grounds is a 1903 redwood - framed Colonial Revival structure that now showcases numerous historical artifacts, many of which belonged to the Pennimans. It also houses a rich archive of Contra Costa and Walnut Creek history in its collections of old newspapers, photographs, and government records. The Museum is on the National Register of Historic Places.

Lunch included at: Rocco's Ristrorante

GRATON RESORT & CASINO

(\$30) on Wed., March 8, 9:00am-4:00pm

Graton Casino collection of slots is packed with 3,000 state-of-the-art reels to choose from, so you're sure to find your favorite classic or new specialty game on our casino floor. Get into the casino gaming action at Graton Resort & Casino with 144 table games and more Linked Progressives than any Bay Area casino. They bring excitement to the table with a broad range of your favorite games, including Baccarat, Blackjack, Pai Gow, Ultimate Texas Hold'em and more. Lunch is on your own. They feature 12 must-try, diverse restaurant options from the Bay Area's top celebrity chefs plus award-winning crowd favorites. You've never seen anything like it in California.

LEGION OF HONOR MONET:

THE EARLY YEARS

(\$50) on Tue., March 14, 9:00am-3:00pm

Monet: The Early Years will be the first major US exhibition devoted to the initial phase of Claude Monet's career. Through approximately sixty paintings, the exhibition demonstrates the radical invention that marked the artist's development during the formative years of 1858 to 1872. In this period the young painter developed his unique visual language and technique, creating striking works that manifested his interest in painting textures and the interplay of light upon surfaces.

TOUR OF OAKLAND ZOO

(\$60) on Wed., March 22, 9:45am-3:00pm

Docent lead tour. The Zoo itself sits inside 525-acre Knowland Park and is home to more than 660 native and exotic animals. And we will take a tour of the Zoo by riding motorized cart throughout the Oakland Zoo. *Lunch included at the Black Bear Dinner after the tour*



SENIORS: DAY TRIPS

BAIA PASTA TOUR

(\$50) on Fri., March 31, 9:30am-3:00pm

Docent lead tour. Baia combine the art of traditional Italian pasta making with great American-grown gains. They are inspired by their roots in Piemonte (Northern Italy), where food is passion, a language, an emotion; food is everything. They have a small shop and production facility in Jack London Square, so close to the San Francisco Bay, they thought their name was both clever and fitting: Baia means "bay" in Italian.*Lunch included after the tour*

CORNERSTONE GARDENS & COCOAPLANET IN SONOMA

(\$60) on Thur., April 6, 8:30am-4:00pm

Docent lead tour of Cornerstone Gardens which are an ever-changing series of gardens, showcasing innovative designs from international and local landscape architects and designers. The gardens were inspired by the International Garden Festival at Chaumont-Sur-Loire to create haven, celebrating the connection between art, architecture and nature. CocoaPlanet is beautifully crafted European chocolates. Founder Anne McKibben has invented a new concept for chocolate based on refined taste and balance – pearls of exquisite flavor delicately suspended in premium dark chocolate. He patented "Pearls of Flavor" suspends drops of filling within a chocolate disc. The perfect balance of flavors means more chocolate, less sugar. Lunch included at Park 121 café and grill.



PARDEE HOME TOUR AND TEA

(\$60) on Wed., April 12, 9:45am-2:00pm

Docent lead tour. The Pardee Home has been described as the finest intact Italianate villa estate remaining in Northern California. You will be taken on a guided tour of the Pardee Home. All of the furnishings and collections are original and authentic. Offering a remarkable look at the life of the Pardee family within these walls from 1869-1981. You will also see the gardens and the historic, all-redwood carriage house still intact with horse stalls, tack room, bins and hayloft area. Following your tour you will have "Tea Time" in the elegant dining room at the Pardee Home Museum.

THE BUCK INSTITUTE

(\$50) on Thur., April 27, 9:30am-2:30pm

Docent lead tour. The Buck Institute seeks to extend the healthy years of life. Opened in 1999, the Institute draws together scientists from many disciplines. Research focuses on basic aging, age related conditions and regenerative medicine. This is the nation's first independent biomedical facility that focuses on aging and related disease. You will explore the biological mysteries of aging; experience the architecture of I.M. Pei; discover what scientists are learning about Alzheimer's, cancer, stroke and other age-related diseases. And lunch is included at Pier 15.

NEWS

YOUTH

ADULTS

SENIORS

FACILITIES

SWIMMING

FACILITIES: RENTALS

EL CERRITO COMMUNITY CENTER

The new contemporary look and feel of the Main Hall and Skylight Room provide the ideal spot for your wedding reception, family celebrations and luncheons at the same time providing a perfect location for corporate trainings, fundraisers and more!

Highlights of this 3200 square foot facility:

- Available for rent by public and private groups on Fridays, Saturdays and Sundays.
- Accommodates up to 224 people for dining.
- Comes with use of a full kitchen.
- Main Event Space is 41' x 80'.
- Cathedral style ceiling and newly refinished hardwood floors.
- Access to a beautiful, fenced in, outdoor courtyard.
- Optional adjoining room offers additional space for 66 people dining (additional fees apply).
- A five-hour minimum rental time is required on Saturdays, a three-hour minimum rental time is required on Fridays and Sundays (25% off Fri & Sun).

The El Cerrito Community Center is located at
7007 Moeser Lane, El Cerrito.

For Facility Rental information, please call (510) 559-7004.



	RES	NRES
Main Hall/Kitchen/Garden	\$255/hr	\$314/hr
Skylight Room/Garden Room	\$70/hr	\$88/hr
Decoration/Rehearsal Time/Clean-Up (2 hrs maximum day of event)	\$107/hr	\$107/hr
Optional Clean-Up Service (2 hrs of 1 custodian after rental)	\$100	\$100
Alcohol permit	\$185	\$185
Caterer's License	Contact City Hall (510) 215-4335	
Transfer fee (per date)	\$43	\$43
Deposit (credit card only)	\$585	\$585
Fridays and Sundays	25% off rental fee	

Prices subject to change 7/1.

LOOKING FOR A SPACE TO HOST YOUR EVENT?

CLUBHOUSES

Nestled in our city's parks, the clubhouses are ideal locations for smaller events and can host from 15-50 people. A three-hour minimum rental time is required on weekends.

- Arlington Clubhouse: 1120 Arlington Blvd.
- Castro Clubhouse: 1420 Norvell St.
- Harding Clubhouse: 7115 "C" St.



RESERVE ONLINE!

	RES	NRES
Clubhouse Fees	\$75/hr	\$92/hr
Alcohol permit	\$41	\$41
Decoration/Rehearsal/Clean-up*	\$40	\$40
Transfer fee (per date)	\$43	\$43
Deposit without alcohol**	\$173	\$173
Deposit with alcohol**	\$286	\$286

*1 hour max. day of event; **Deposit by credit card only.
Prices subject to change 7/1.

PICNIC RENTALS

General picnic areas are available for reservation on weekdays and weekends from dawn until dusk. Picnic locations include sites at: Arlington Park, Canyon Trail Park, Castro Park, Harding Park, and Tassajara Park. All sites have picnic tables. Castro and Arlington picnic areas #2 and #3 do not have barbecue pits.



RESERVE ONLINE!

	RES	NRES
Picnic Area w/ Barbecue	\$73/day	\$92/day
Picnic Area w/o Barbecue	\$62/day	\$77/day
Arlington Areas #4 & 5 (2 sites)	\$137/day	\$171/day
Arlington Areas 4, 5 & 6 (3 sites)	\$185/day	\$231/day
Cerrito Vista Picnic Area	\$137/day	\$171/day
Transfer Fee	\$17	\$17
Restroom Key Deposit	\$17	\$17

There are no refunds for picnic cancellations.
Prices subject to change 7/1.

READY TO MAKE A RESERVATION?

Reserve Online

(Clubhouse, Picnic Area and Tennis Courts only):

www.el-cerrito.org/OnlineReg

By Fax: (510) 528-9413

In Person: 7007 Moeser Lane, El Cerrito, CA 94530

To obtain a Facility Application please visit:

www.el-cerrito.org/FacilityRental

Reservations for the El Cerrito Community Center must be completed in person or by Fax. Rental Application (and Deposit, if applicable) is required to secure a date.

FACILITIES: RENTALS

POOL RENTAL

March 18, 2017 – May 27, 2017

Recreation Pool

The Recreation Pool is available for rent on Saturdays and Sundays as well as select weekday hours for end of the year class parties, birthdays and other special events. All rental times include 1½ hours of pool usage and ½ hour of party/clean up time (Please note that children 6 years and under require an adult accompany them in the water and remain within arm's reach at all times. All children ages 3 and under are required to wear a swim diaper).

DAYS SATURDAY & SUNDAY 4:00pm – 6:00pm

Weekday hours – by request only avail. May 15th – June 8th
Fees Deposit \$100 Resident \$255/Non-Resident \$318

Splash Park

This area includes the Splash Park, covered picnic tables, lots of grass and a barbeque area. All rental times include 1½ hours Splash Park usage and ½ hour party/clean up time. All children ages 3 and under are required to wear a swim diaper.

DAYS SATURDAY & SUNDAY 4:00pm – 6:00pm

Fees Deposit \$100 Resident \$216/Non-Resident \$270

Picnic Area at the Pool

The Picnic Area at the Pool consists of the covered picnic tables & barbeque pit in the Splash Park. It is available for rent during regularly scheduled Recreation Swim hours for a maximum of 25 people. Please note that children 6 years and under require an adult to accompany them in the water and remain within arm's reach at all times. All children ages 3 and under are required to wear swim diapers. A minimum of 2 adults per every 10 children is required.

PICNIC AREA AT THE POOL FEES

Resident	\$96 (includes up to 10 guests)
Non-Resident	\$111 (includes up to 10 guests)
Additional Guests (up to 15 additional guests)	\$3/person
All fees due 72 hours prior to the rental date.	

For more information or to book your rental, please call (510) 559-7008 or email recreation@ci.el-cerrito.ca.us.

Applications are available on-line at www.el-cerrito.org/recreation/swimcenter



RESERVING TENNIS COURTS

Tennis Permits and Court Reservations

Tennis permits and court reservations are issued by the City of El Cerrito Recreation Department at the Community Center, or by going online to www.el-cerrito.org/onlinereg. You must purchase a permit in order to reserve tennis courts.

Permit Rules

- Players with permit reservations have priority at all times.
- A City issued permit for all players playing on a reserved court is required in order to reserve that tennis court.
- Players without a tennis permit must relinquish the courts to players with a tennis permit at all times.
- Tennis permits may be purchased at the Community Center on an annual (January through December) or monthly basis.

Permit Cost

Adult Resident	\$86 per year (Jan-Dec)
Adult Non-Resident	\$98 per year (Jan-Dec)
Youth/Student Resident	\$34 per year (Jan-Dec)
Youth/Student Non-Resident	\$44 per year (Jan-Dec)
Monthly permit	\$15 Adult Resident / \$18 Adult Non-Resident \$8 Youth Resident / \$10 Youth Non-Resident

Instructor permits \$109 per year (July –June); \$19 monthly
Proceeds from this program help to resurface & maintain our tennis courts.

Tennis Court Reservations

Resident	\$7 per hr
Non-Resident	\$8 per hr
Tennis Club	\$4.50
Instructors	\$12.25 per hr
ECHS Surcharge	\$2

Note: Tennis Instructors must reserve tennis courts if charging students for private/group lessons. Instructors must obtain a City of El Cerrito business license and be a USTA or USPTR teaching professional.

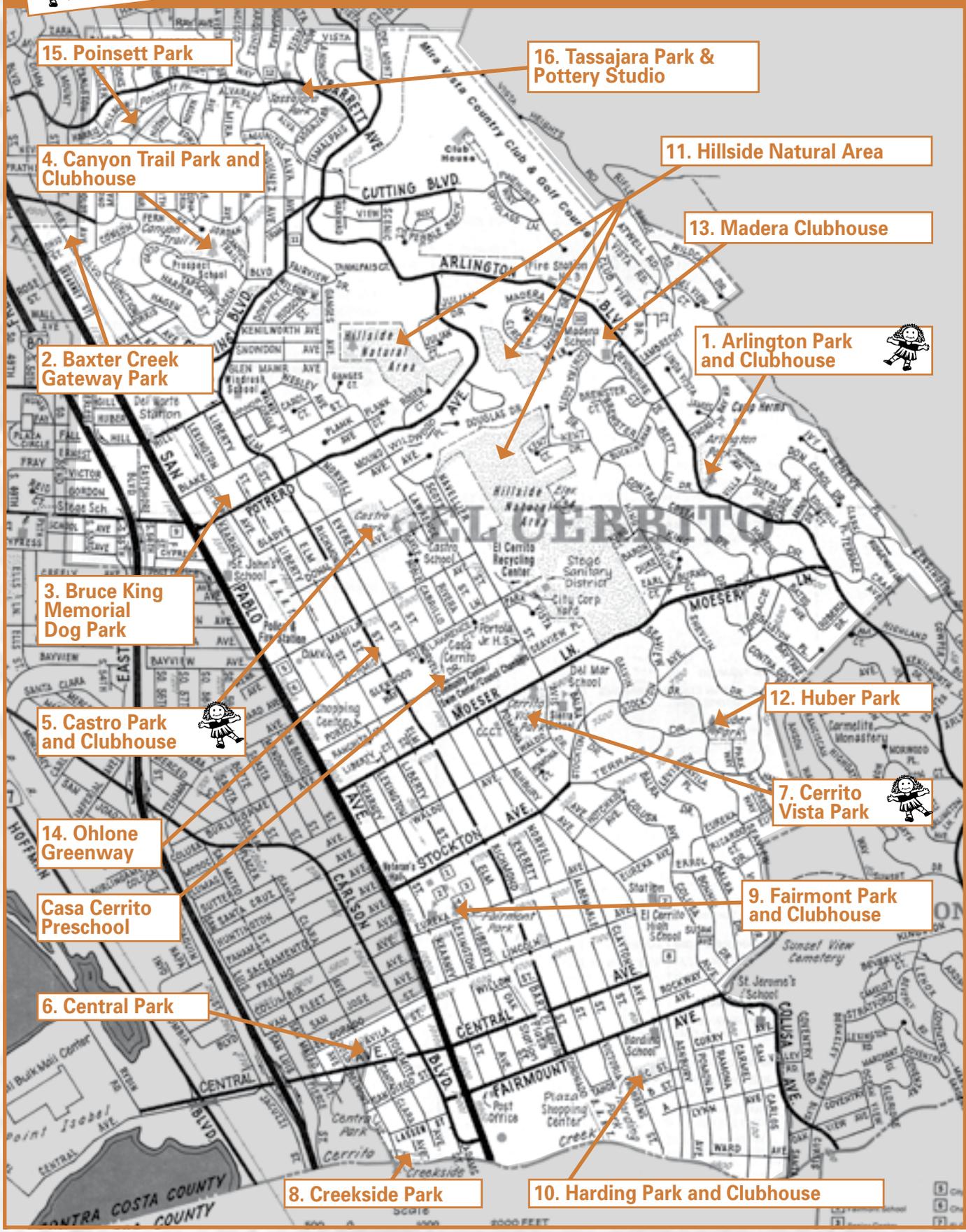
SENIOR CENTER

6500 Stockton Avenue

Seating up to 80 people, this facility is especially nice for luncheons, anniversary, or birthday parties. The facility includes a fully equipped kitchen. The Senior Center is available for rental by public and private groups on Sundays. A three hour minimum rental time is required. All music must be off by 10:00pm and the rental must end by 11:00pm for the facilities above. **Contact (510) 559-7677 for Senior Center information or reservation.**

	RES	NRES
Hall & Kitchen	\$97/hr	\$121/hr
Decoration/Rehearsal Time/Clean Up (1 hour max day of event)	\$56/hr	\$56/hr
Alcohol permits	\$171	\$171
Caterer's License	Contact City Hall	Contact City Hall
Transfer fee (per date)	\$43	\$43
Deposit	\$253	\$253

FACILITIES: PARK MAP



FACILITIES: PARK INDEX



NEWS

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FACILITIES

SWIMMING

1. Arlington Park and Clubhouse

1120 Arlington Blvd.

Tennis courts, picnic tables, barbecues, playground equipment, pond, basketball court, and large grass area. Clubhouse available for rentals.



2. Baxter Creek Gateway Park

Key Blvd. and Conlon Ave.

Beginning of Ohlone Greenway in El Cerrito. Sitting areas, creek viewing, native plants garden.

3. Bruce King Memorial Dog Park

1600 Lexington Ave.

This facility is adjacent to the Ohlone Greenway at 1600 Lexington Street between Potrero Avenue and Blake Street. This area was developed as a demonstration forest several decades ago, providing mature trees on the site.

The dog park includes:

- two enclosed areas (one for large and one for small dogs)
- water source, clean-up supplies, and waste receptacles
- agility features
- benches for the human companions

The City continues to collect donations in memory of Bruce King for the maintenance and upkeep of the new dog park. For more information please contact Suzanne Iarla at (510) 215-4318.

4. Canyon Trail Park

6757 Gatto Ave.

Tennis courts, picnic tables, barbecue, playground equipment, large grass area. Lower play area: creek, walking trails, small pond and play equipment.

5. Castro Park and Clubhouse

1420 Norvell St.

Large playground and grassy area, field, adjacent to Castro School blacktop (basketball courts, kickball diamond), tennis courts, small grassy area behind tennis courts and picnic table. Clubhouse available for rentals.



6. Central Park

5701 Central Ave.

Central Park consists of parkland, walkways and a play field.

7. Cerrito Vista Park

950 Pomona Ave.

Large, well equipped playground area, field, track for jogging. Tennis courts, barbecue and picnic area are adjacent to the park. Available to rent are six picnic tables, two barbecue pits, and volleyball set (available for pick-up at the Community Center). Cerrito Vista can be rented from dawn until dusk. You may rent a bounce house for this site only. The rental company must list the City of El Cerrito as additionally insured. Volleyball Deposit \$84.00, Resident \$132.00, Non Resident \$164.00



8. Creekside Park

End of Santa Clara Ave.

Creekside park consists of a new walking path as part of the Bay Trail and new playground.



9. Fairmont Park & Clubhouse

715 Lexington Ave.

Adjacent to the Open House Senior Center. Playground equipment, grassy area, and field.

10. Harding Park and Clubhouse

7115 "C" St.

Play equipment, field, adjacent to Harding School blacktop area (basketball courts, kickball diamond), tennis courts and barbecue located on patio. Clubhouse available for rentals when not in use by City Recreation programs.

11. Hillside Natural Area

This natural area of 79.3 acres can be accessed from the east end of Schmidt Lane, north end of Potrero Ave, and through King Court.

Dogs under their owner's control are allowed. Visit the Memorial Grove and note the natural vegetation of the area.

12. Huber Park

7711 Terrace Dr.

Lower cement area with basketball court and kickball area, good climbing, large cement slide, picnic area. Newly renovated!

13. Madera Clubhouse

1500 Devonshire Dr.

The clubhouse and adjoining playground are available for rentals when not in use by our childcare programs.

14. Ohlone Greenway

Located 1 block east of Kearney St., the BART Linear Park runs 2.5 miles - the length of El Cerrito.

Ideal for walking or bicycling. Recently the site of the frog habitat and wetland restoration classroom projects. At the corner of Manila and Kearney, find Richard Itaya mini-park with its play equipment for younger school age children.

15. Poinsett Park

5611 Poinsett Ave.

Basketball, kickball area, play equipment and picnic area.

16. Tassajara Park & Pottery Studio

2575 Tassajara Ave.

Playground equipment, field, basketball court, tennis courts and picnic area.

SWIM CENTER: OPEN SWIM TIMES

WINTER/SPRING 2017 SEASON JANUARY 3 – MAY 27

OPEN SWIM TIMES

LAP SWIM

January 3 – May 27 • Age 14+

Lap Swim is a time for adults interested in working out independently. All levels, beginners to experts are welcome. Lanes may be assigned and circle swimming is required. Kickboards and pull buoys are available for use during lap swim. Lap Swim shares pool space with other programs. Typically 3-4 lanes are available during designated Lap Swim times.

DAYS & TIMES

Monday	6:00am – 8:00am
Monday	9:00am – 2:00pm
Tuesday – Friday	6:00am – 2:00pm
Monday/Wednesday	5:30pm – 7:30pm
Tuesday/Thursday	6:00pm – 7:30pm
Friday	5:30pm – 7:00pm
Saturday	10:00am – 3:30pm
Sunday	8:30am – 3:30pm

Modified Schedule: 1/16, 2/20, 4/16
Pool Closed, No Lap Swim: 1/14, 1/15

LAP SWIM FEES

Drop-In	\$6.00
10-Swim Lap Pass	\$46 Resident/\$37 Senior Resident
10-Swim Lap Pass	\$57 Non-Res/\$46 Senior Non-Resident

RECREATION SWIM

March 18 – May 27

Recreation Swim is a non-structured swim time for people of all ages to enjoy the water and have fun. Recreation Swim takes place in our Recreation Pool and Splash Park. Basic rules of water safety and behavior will be enforced. Swim diapers are required for all children ages 3 and under. An adult may accompany up to two children at a time. Adults must remain in the water, within arm's reach of their child (6 years and under). Swimmers must be a minimum of 48 inches to use the water slide. Please consult pool rules before participating.

DAYS & TIMES

Friday	4:00pm – 6:00pm
Saturday	1:00pm – 3:30pm
Sunday	12:00pm – 3:30pm

RECREATION SWIM FEES

Child (1 – 6 years) Drop-In	\$3.00
Youth (7 – 17 years) Drop-In	\$4.00
Adult (18+ years) Drop-In	\$6.00
Facility use (non-swimmer/shower pass)	\$3.00
Children under 1 year of age FREE with paid adult admission.	

FAMILY SWIM

March 13 – May 25

Family Swim is a family time rather than a recreation swim time. It is designed for families with children 12 years and younger. All children must be accompanied in the water by a swimming adult. One adult may accompany up to two children, ages 6 months to 6 years at a time. Adults must accompany all children in the water, and are required to remain within arm's reach of their child at all times. Swim diapers are required for all children ages 3 and under. Family Swim takes place in the recreation pool and shares the pool space with other programs (water slide and toddler area NOT available).

DAYS & TIMES

Monday – Thursday	4:00pm – 6:00pm
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FAMILY SWIM FEE

Child (1 – 6 years) Drop-In	\$3.00
Youth (7 – 17 years) Drop-In	\$4.00
Adult Drop-In	\$6.00
Non-Swimmer/Shower Pass Fee	\$3.00
Children under 1 year of age FREE with paid adult admission.	

SPLASH PARK

March 13 – May 27

Family fun at the Splash Park is a great way to get wet and have fun playing with water. Swim diapers are required for all children ages 3 and under. All children must be accompanied by an adult. This is a non-lifeguarded program.

DAYS & TIME

Monday – Friday	10:00am – 2:00pm
Saturday	10:00am – 12:00pm

FEES

*Splash Park ONLY	\$3.00 /person
Children under 1 year of age	FREE with paid adult admission
Splash Park 10-visit Pass	\$20 Resident/ \$25 Non-Resident
*Splash Park ONLY fees are applicable when Recreation Swim/ Family Swim is not available.	



CENTENNIAL CELEBRATION

SAFE SWIM EVENT!

Saturday, June 3, 2017, 10am – 2pm

@ the El Cerrito Swim Center

See page 7

SWIM CENTER: TEEN & ADULT LESSONS

TEEN & ADULT GROUP LESSONS

TEEN & ADULT SWIM LESSONS

Beginning Fundamentals

Ages 12 – Adults • Activity #143201

This beginning swim class is designed for adults with little or no experience in the water. Participants will learn water adjustment skills, floating on the front and back, front crawl with side breathing, and back crawl. Participants will also become familiar with deep water and will learn safety skills.

Intermediate Stroke Development & Refinement

Ages 12 – Adults • Activity #143202

Intermediate swimming is designed for teens and adults who can swim at least 25 yards of freestyle and backstroke. Students in this class will work on developing endurance and further refining the skills and strokes taught in beginning swimming. Elementary backstroke, breaststroke, sidestroke, and butterfly will be introduced. Diving, treading water, and other deep-water skills will be introduced.



TEEN & ADULT PRIVATE LESSONS

Teen/Adult Private Lessons

**Ages 13 – Adults
Activity #143204**

A private lesson is one 30 minute lesson of one-on-one instruction. Students can register for a single lesson, or add additional lessons depending on their needs. We are unable to accommodate instructor requests.



TEEN & ADULT PRIVATE LESSONS	MONDAY	SATURDAY
Fees for Sessions 1 & 3 (3 classes) \$84 Residents \$99 Non-Res Fees for Sessions 2 & 4 (2 classes) \$56 Residents \$66 Non-Res	Session 1: 3/13, 3/20, 3/27 (3 classes)	Session 1: 3/11, 3/18, 3/25 (3 classes)
	Session 2: 4/10, 4/17 (2 classes)	Session 2: 4/1, 4/8 (2 classes)
	Session 3: 4/24, 5/1, 5/8 (3 classes)	Session 3: 4/22, 4/29, 5/6 (3 classes)
	Session 4: 5/15, 5/22 (2 classes)	Session 4: 5/13, 5/20 (2 classes)
Private (143204) (deep water only)	6:00pm – 6:30pm	–
Private (143204) (shallow & deep water)	–	12:00pm – 12:30pm

TEEN & ADULT GROUP LESSONS	MONDAY	WEDNESDAY	THURSDAY	SATURDAY
Fees for each Session (5 classes each) \$55 Resident \$70 Non-Resident \$44 Senior Resident \$56 Senior Non-Resident	Session 1: 3/13, 3/20, 3/27, 4/10, 4/17 *No class 4/3 Spring Break	Session 1: 2/8, 2/15, 2/22, 3/1, 3/8	Session 1: 3/16, 3/23, 3/30, 4/13, 4/20 *No class 4/6 Spring Break	Session 1: 3/11, 3/18, 3/25, 4/1, 4/8
	Session 2: 4/24, 5/1, 5/8, 5/15, 5/22	Session 2: 3/15, 3/22, 3/29, 4/12, 4/19 *No class 4/5 Spring Break	Session 2: 4/27, 5/4, 5/11, 5/18, 5/25	Session 2: 4/22, 4/29, 5/6, 5/13, 5/20
	–	Session 3: 4/26, 5/3, 5/10, 5/17, 5/24	–	–
Beginning Fundamentals (143201)	6:30pm – 7:30pm	–	6:30pm – 7:30pm	9:00am – 10:00am
Intermediate Stroke Development & Refinement (143202)	6:30pm – 7:30pm	6:30pm – 7:30pm	–	10:00am – 11:00am

SWIM CENTER: YOUTH LESSONS

YOUTH GROUP LESSONS

See Session Schedule on next page

PRE-SWIMMING CLASSES

Parent/Tot Water Safety Class

Ages 6 months – 3 years • Activity #123101

The class is an orientation to the aquatic environment designed with both the child and parent in mind. Songs, water safety, entering and exiting the water, cueing, and holding techniques are some of the activities and topics covered in this class. Infants and toddlers are accompanied by their parent/guardian. Swim diapers are required for all children under 3.

Preschool Swim Lessons

Ages 2.5 – 4 years • Activity #123102

An introduction to swim lessons, focuses on building comfort and enjoyment in the water through songs, games, and play. Classes are taught in the shallow section in small groups without the parent. Swim diapers are required for all children under 3.

YOUTH LEARN TO SWIM CLASSES

Level 1 Introduction To water

Ages 4 – 10 • Activity #123103

Pre Req: Participants must be 4 years old by the first day of the session. This is a water adjustment class with a focus on learning basic swimming skills.

Level 2 Beginning Aquatic Skills

Ages 4 – 11 • Activity #123104

Pre Req: Participants must be able to enter and exit the water and travel at least 3 yards independently, bob 3 times (fully submerging) and float on front with face in the water for 10 seconds and recover, float unsupported on back 5 seconds and recover.

Level 3 Fundamental Aquatic Skills

Ages 4 – 12 • Activity #123105

Pre Req: Participants must be able to jump into chest deep water, move into a front float for 5 seconds, roll to back float for 5 seconds and recover; push off side and swim on front using combined arm stroke and flutter kick for 10 yards; push off and swim back float while kicking and finning for 10 yards.

Level 4 Stroke Development

Ages 6 – 12 • Activity #123106

Pre Req: Participants must be able to jump into deep water, swim front crawl for 15 yards with face in water and rhythmic breathing, maintain position by treading water 30 seconds and swim back stroke 15 yards.

Level 5 Stroke Refinement

Ages 6 – 13 • Activity #123107

Pre Req: Participants must be able to perform a feet-first entry into deep water; swim front crawl for 25 yards with rhythmic breathing, change direction and position and swim backstroke for 25 yards. Swim elementary backstroke 15 yards. Swim breaststroke 15 yards. Tread water for 1 minute.

YOUTH PRIVATE LESSONS

See Session Schedule on next page

YOUTH PRIVATE LESSONS

Ages 3 – 13 • Activity #123108

A private lesson is one 30-minute lesson of one-on-one instruction to meet the personal needs of students of all abilities. Unless instructors are requested to teach specific skills, students will be tested during their first private lesson and are taught skills based on our normal learn to swim progressions. We are unable to accommodate instructor requests.



SWIM LESSON INFO

Lesson Parents: While we appreciate your enthusiasm during lessons, your presence can be intimidating for swim instructors if you are sitting nearby on the pool deck. It can also be a distraction, as the attention of the student becomes divided between you and the instructor. Though we will try our best to accommodate parents whose children are experiencing difficulties in class, we politely ask all parents to observe lessons from the bleacher area. Swim Lessons are not a time for parents to drop children off. Please remain on the pool deck in the designated areas during your child's lessons. Children may not be left unattended.

Aquatics Registration Information: It is essential that each lesson is attended to receive the full benefit of the class.

- No make-up lessons or credits for missed classes are given. If a class or session is canceled by the Recreation Department, a refund credit will be issued to your account.
- Pre-registration for all classes is necessary.
- Registration may be done at the Swim Center, on-line at www.el-cerrito.org/onlinereg, by email at recreation@ci.el-cerrito.ca.us or by fax (510) 528-9413.
- Fill in registration forms each time you register for an activity. Signature of disclaimer on registration form is required for all registrations.
- Once the swim lesson has begun, staff will not be able to add additional students to the class.
- We reserve the right to hold lessons in either pool.
- Swimming is for participants during their lessons/class only. Participants must exit the facility when class ends.
- If placed on a waiting list, you may not attend the class unless you are notified that a space is available.
- Please arrive early to give children time to change and put on sunscreen.

SWIM CENTER: YOUTH LESSONS

YOUTH GROUP SWIM LESSONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Fees for each Session (5 classes each) \$47.50 Resident \$63.75 Non-Resident	Session 1: 3/13 – 4/17 *No class 4/3 Spring Break	Session 1: 3/14 – 4/18 *No class 4/4 Spring Break	Session 1: 3/15 – 4/19 *No class 4/5 Spring Break	Session 1: 3/16 – 4/20 *No class 4/6 Spring Break	Session 1: 3/11 – 4/8
	Session 2: 4/24 – 5/22	Session 2: 4/25 – 5/23	Session 2: 4/26 – 5/24	Session 2: 4/27 – 5/25	Session 2: 4/22 – 5/20
Parent & Tot (123101)	5:30pm – 6:00pm		5:30pm – 6:00pm	–	10:30am – 11:00am 11:00am – 11:30am 11:30am – 12:00pm
Preschool (123102)	4:00pm – 4:25pm 5:30pm – 5:55pm	4:00pm – 4:25pm 5:30pm – 5:55pm	4:00pm – 4:25pm 5:00pm – 5:25pm 5:30pm – 5:55pm	4:00pm – 4:25pm 5:30pm – 5:55pm	9:30am – 9:55am 10:00am – 10:25am 10:30am – 10:55am 11:00am – 11:25am 11:30am – 11:55am
Level 1 (123103)	4:00pm – 4:25pm 4:30pm – 4:55pm 5:00pm – 5:25pm	4:30pm – 4:55pm 5:30pm – 5:55pm	4:00pm – 4:25pm 4:30pm – 4:55pm 5:00pm – 5:25pm	4:00pm – 4:25pm 4:30pm – 4:55pm 5:30pm – 5:55pm	9:30am – 9:55am 10:00am – 10:25am 10:30am – 10:55am 11:00am – 11:25am 11:30am – 11:55am
Level 2 (123104)	4:30pm – 4:55pm 5:00pm – 5:25pm	4:00pm – 4:25pm 4:30pm – 4:55pm 5:00pm – 5:25pm	4:30pm – 4:55pm 5:00pm – 5:25pm	4:30pm – 4:55pm 5:00pm – 5:25pm	10:00am – 10:25am 10:30am – 10:55am 11:00am – 11:25am 11:30am – 11:55am
Level 3 (123105)	4:30pm – 4:55pm	4:30pm – 4:55pm	–	5:00pm – 5:35pm	10:00am – 10:25am 11:00am – 11:25am
Level 4 (123106)	6:00pm – 6:25pm	5:00pm – 5:25pm	–	5:30pm – 5:55pm	9:30am – 9:55am 10:00am – 10:25am
Level 5 (123107)	–	–	–	–	10:30am – 10:55am

YOUTH PRIVATE SWIM LESSONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Fees for Sessions 1 & 3 (3 classes) \$84 Res/ \$99 Non-Res Fees for Sessions 2 & 4 (2 classes) \$56 Res/ \$66 Non-Res	Session 1: 3/13, 3/20, 3/27 (3 classes)	Session 1: 3/14, 3/21, 3/28 (3 classes)	Session 1: 3/15, 3/22, 3/29 (3 classes)	Session 1: 3/16, 3/23, 3/30 (3 classes)	Session 1: 3/11, 3/18, 3/25 (3 classes)
	Session 2: 4/10, 4/17 (2 classes)	Session 2: 4/11, 4/18 (2 classes)	Session 2: 4/12, 4/19 (2 classes)	Session 2: 4/13, 4/20 (2 classes)	Session 2: 4/1, 4/8 (2 classes)
	Session 3: 4/24, 5/1, 5/8 (3 classes)	Session 3: 4/25, 5/2, 5/9 (3 classes)	Session 3: 4/26, 5/3, 5/10 (3 classes)	Session 3: 4/27, 5/4, 5/11 (3 classes)	Session 3: 4/22, 4/29, 5/6 (3 classes)
	Session 4: 5/15, 5/22 (2 classes)	Session 4: 5/16, 5/23 (2 classes)	Session 4: 5/17, 5/24 (2 classes)	Session 4: 5/18, 5/25 (2 classes)	Session 4: 5/13, 5/20 (2 classes)
Private (123108)	4:00pm – 4:30pm 5:00pm – 5:30pm 5:30pm – 6:00pm	4:00pm – 4:30pm 5:00pm – 5:30pm 5:30pm – 6:00pm	4:00pm – 4:30pm 4:30pm – 5:00pm 5:30pm – 6:00pm	4:00pm – 4:30pm 4:30pm – 5:00pm 5:00pm – 5:30pm	9:00am – 9:30am 9:30am – 10:00am 12:00pm – 12:30pm

Join our monthly e-newsletter “**rECnews**” to stay on top of upcoming events, new programs and classes, and other community news.
 Go to www.el-cerrito/recreation and click on “Get Involved” to sign up.

SWIM CENTER: SPECIALTY PROGRAMS

SPECIALTY PROGRAMS

EAST BAY MASTERS WATER POLO

Age 19+

The East Bay Masters Water Polo Club is a Masters level co-ed water polo club. Our team is comprised of enthusiasts of all ages, experience and skill levels. We provide skill development, endurance training and game strategy to the beginner and advanced players. This is a friendly and fun environment with a competitive edge. Hope to see you in the pool! For more information www.playwaterpolo.com.

DAYS & TIMES

Tuesday/Thursday	7:30pm – 9:00pm
Sunday	3:30pm – 5:45pm
No Practice: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 4/16, 5/29	

EL CERRITO AQUATIC MASTERS

ECAM • Age 19+

The EC Masters program is designed for adults interested in swimming competitively or just getting in shape. Coached workouts focus on endurance, technique and overall fitness. Participation in competition is not required. Talk to the coach regarding minimum swimming ability.

DAYS & TIMES

Monday – Friday	6:00am – 7:00am
Monday – Friday	7:00am – 8:00am
Tuesday/Thursday	6:30pm – 7:30pm
Saturday	8:00am – 9:30am
Sunday	8:30am – 10:00am
Modified Schedule: 1/16, 2/20, 4/16, 5/29	
Pool Closed, No Masters: 1/14, 1/15	

ECAM FEES

Drop-in	\$10	
6-Workout Pass	\$51 Resident/ \$41 Senior Non-Resident	
6-Workout Pass	\$57 Non-Res/ \$47 Senior Non-Resident	
Monthly Pass	\$70 Resident/ \$57 Senior Resident	
Monthly Pass	\$82 Non-Resident/ \$65 Senior Non-Resident	

EL CERRITO GATORS SWIM CLUB

January 3 – June 2 • Ages 7 – 18

The El Cerrito Gators Swim Club is a year-round program run by the City of El Cerrito. Our mission is to provide a well-rounded program that emphasizes individual fitness, team work and fun. Gators swimmers have opportunities to compete in swim meets throughout the year. Participation in swim meets is encouraged but not required. Parent participation is required of swimmers participating in swim meets. *Pre-team members do not participate in competition.



Gators tryouts are held Monday through Wednesday at 3:45pm by appointment only. Please complete a tryout form prior to your scheduled appointment. Coaches will evaluate and place swimmers in appropriate practice groups based on age and swimming ability, space permitting. Minimum swimming requirements are: ability to perform 50 yards freestyle, 50 yards backstroke and 25 yards breast stroke (Level 4 passing skills). Familiarity with butterfly recommended but not required. For more information or to set up a try out, contact (510) 559-7011 or email gators@ci.el-cerrito.ca.us.

Once you make the decision to join the Gators Swim Club, you may choose to enroll for a season (winter/spring, summer or fall) or year-round continuous enrollment. Additionally, upon enrolling in the program, you will receive directions on how to register with USA Swimming. Winter/Spring Gators Swim Club Practice Schedule:

Group	Mon	Tue	Wed	Thu	Fri
Pre-Team	–	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30
Stroke Devel	3:45-4:45	3:45-4:45	4:00-5:00	3:45-4:45	3:45-4:45
Juniors	4:00-5:30	4:15-5:45	5:00-6:30	4:00-5:30	4:00-5:30
DRYLAND		4:15-4:40		4:00-4:40	
Seniors	4:00-5:30	4:00-5:30	4:00-5:30	4:15-5:45	4:00-5:30
DRYLAND	4:00-4:40			4:15-4:40	
No Practice: 1/16, 2/20, 5/29					

GATORS SWIM CLUB FEES WINTER/SPRING 2017

Group	El Cerrito Resident	Non-Resident
Pre-Team	\$55.00	\$66.00
Stroke Development	\$80.00	\$94.00
Juniors & Seniors	\$103.00	\$116
Sibling Discount (each additional)	-\$20	-\$20
USA Membership fees – paid to USA Swimming		



SWIM CENTER: SPECIALTY CLASSES

JUNIOR LIFEGUARD SPRING BREAK CAMP

Ages 13 – 14

Are you 13 or 14 years old, a good swimmer and looking for something to do this summer?



Take the Spring Break Junior Lifeguard Camp and get trained as a Junior Lifeguard. Participants that successfully complete all program requirements will receive certification in American Red Cross CPR, First Aid and Basic Water Rescue and are eligible to apply to volunteer at the El Cerrito Swim Center during the summer 2017 season. For more information call Stephen Dunkle, Assistant Aquatics Supervisor at (510) 559-7008 or email sdunkle@ci.el-cerrito.ca.us.

Instructor: Swim Center Staff

El Cerrito Swim Center, 7007 Moeser Lane

DATE	DAY	TIME	RES	NRES	ACTIVITY
4/3 – 4/6	M – Th	8:00am – 1:00pm	\$200	\$240	133506-01

LIFEGUARD TRAINING

Blended Learning • Ages 15+

Obtaining certification in American Red Cross Lifeguarding will provide you with the skills necessary to work as a lifeguard and to help protect and save lives. It is the key to opening the door to a career in aquatics. Whether it's your first time learning how to lifeguard or you need to brush up on your rescue skills, our lifeguarding courses can help you reach your goals.

Pre-requisites:

- Candidates must be 15 years old by the last date of the session.
- Be able to swim 300 yards using both front crawl stroke and breast stroke.
- Be able to tread water without arms for two minutes.
- Be able to swim 20-yards, surface dive into 12-foot water to retrieve a 10lb brick, and swim with brick in hands back to wall.
- Must have access to computer and internet to complete on-line lessons.
- Must complete all on-line lessons before first in-person class date.

Participants who successfully pass all practical and written skills tests will receive certification in American Red Cross Lifeguard Training, First Aid, CPR/AED and Oxygen Administration. Valid 2 years.

Contact the Aquatics Division at (510) 559-7008 or email recreation@ci.el-cerrito.ca.us for questions or additional information.

DATE	DAY	TIME	RES	NRES	ACTIVITY
4/3-4/7	M – F	1:30 – 6:00pm	\$225	\$270	143504-02
5/4-5/5	Th & F	4:30pm – 7:30pm			
5/6-5/7	Sa & Su	9:00am – 5:30pm	\$225	\$270	143504-03
6/13-6/16	Tu – F	9:00am – 3:00pm	\$225	\$270	243504-01

LIFEGUARD RECERTIFICATION

Blended Learning • Ages 15+

This class is designed for participants who have soon to be expiring Lifeguard Training certifications or current lifeguards who want an opportunity to practice their skills. Participants must provide proof of current or recently expired lifeguard certification prior to enrolling in class. Participants must complete on-line requirements prior to the first class meeting. Upon successful completion of all written and practical exams, participants will receive certification in American Red Cross Lifeguard Training, First Aid, CPR/AED and Oxygen Administration, valid 2 years.

DATE	DAY	TIME	RES	NRES	ACTIVITY
2/24	F	4:30pm – 7:30pm			
2/25	S	9:00am – 5:30pm	\$175	\$210	143504-01
6/10-6/11	Sa & Su	9:00am – 5:30pm	\$175	\$210	143504-04

SCUBA DIVER CERTIFICATION

Ages 10+

This one-month training certification program will open the door to fascinating underwater adventures, teaching you safe SCUBA diving techniques as well as preparing you for your recreational dive trips. Students must pass a basic swimming test to be admitted into this program. For details please contact Mauri Munoz. Certification is subject to successful completion of the written test as well as the diving test at the end of the class. For more information and class details contact Mauri Munoz at mmunoz@calidivers.org



WATER AEROBICS

Age 18+

Water Aerobics is a drop-in, co-ed exercise class using water as resistance which minimizes stress on joints. Each 60-minute class incorporates an aerobic workout set to music with conditioning, strength training, and flexibility. Workouts are designed to accommodate all fitness levels.

SHALLOW WATER WORKOUT

Monday/Wednesday/Friday	9:00am – 10:00am
Saturday (Shallow & Deep)	8:00am – 9:00am

DEEP WATER WORKOUT

Tuesday/Thursday	9:00am – 10:00am
Monday/Friday	12:00pm – 1:00pm
Monday/Wednesday	6:30pm – 7:30pm

Modified Schedules: 1/16, 2/20, 5/29
Pool Closed, No Water Aerobics: 1/14

WATER AEROBIC FEES

Drop-In	\$9.00
4-Class Pass	\$28 Resident/\$25 Senior Resident
4-Class Pass	\$34 Non-Resident/\$27 Senior Non-Resident
8-Class Pass	\$54 Resident/\$43 Senior Resident
8-Class Pass	\$67 Non-Resident/\$54 Senior Non-Resident
12-Class Pass	\$80 Resident/\$64 Senior Resident
12-Class Pass	\$99 Non-Resident/\$70 Senior Non-Resident

REGISTRATION: INFORMATION

REGISTRATION IN PERSON

Walk-in registration is accepted at the Recreation Department office during business hours:
Monday, Wednesday, & alternate Fridays 8:00am-5:00pm,
Tuesday & Thursday 8:00am-6:00pm.
The office is located at 7007 Moeser Lane, El Cerrito.
Please see page 2 for a list of the Fridays the office is closed.

REGISTER ONLINE

You can register online for your favorite classes and activities anytime, day or night, from your home or office computer. Most recreation and swim classes are available for online registration. There is no additional charge for online registration. Detailed instructions are online, see below:

Returning Participants

If you registered for a class, program, membership or rental you have a temporary user name and password. The first time you log in, enter your email address for the User Name and your sip code for the Password. For your security, you will be prompted to change your user information. If you do not have a receipt and do not know your user name and password, please contact us at (510) 559-7000 or recreation@ci.el-cerrito.ca.us for assistance.

New Participants

To enroll in programs and pay online, register for an online account by creating a User Name and Password.

How To

Find the activities you want to register for in the brochure. Go to our web site and click the "El Cerrito Recreation Online Registration Link". Online registration instructions are on this page. Complete the registration process pay with a credit card, and receive an instant e-mail confirmation of your enrollment.

Go to our web site today
and register online
www.el-cerrito.org/recreation

FAX IN YOUR REGISTRATION

(510) 528-9413

Fax a completed registration form from this brochure, along with credit card authorization. Visa, MasterCard, and American Express accepted.

YOU CAN MAIL US

Send a completed registration form, from this brochure, along with credit card authorization, a check or money order. Please do not send cash. Your check will be returned if the activity for which you are registering is full. However, you will be placed on a waiting list for that activity. Please note that a \$25 fee will be charged on all returned checks.

**El Cerrito Recreation Department,
7007 Moeser Lane, El Cerrito, CA 94530**

FEES AND MATERIAL FEES

The fees listed are resident and non-resident rates. Fees are subject to change. Material fees are paid directly to the instructor on the first day of class. If a class does not indicate a material fee, a supply list may be discussed at the first meeting.

REFUNDS, CANCELLATIONS & TRANSFERS

Refund/Transfer requests will be approved only if initiated in writing no later than 10 business days prior to the first day of class. All refunds/transfers will be charged a processing fee of \$17 per course session. Refunds will not be granted after the first class meeting except in the case of a medical emergency. Refunds will be considered only upon receipt of a doctor's note and the completion of a "Cancellation Form", unless the class is cancelled by the instructor.

Refund requests must be made in writing to:

City of El Cerrito, 7007 Moeser Lane, El Cerrito, CA 94530.
Or faxed to (510) 528-9413
or emailed to recreation@ci.el-cerrito.ca.us

PLAY BALL


ECYB

BASEBALL REGISTRATION NOW OPEN

ages 5 - 14
BOYS AND GIRLS

ecyb.leaguetoobox.com
(510) 236-2300



REGISTRATION: FORM

SECTION 1: Participant		Registration form is limited to immediate family members only! Use one line for each person or course. Complete Section 2 if you are a new customer or have any updates.			
First & Last Name	DOB (mm/dd/yy)	Class title	Day	Time	Activity #
Daniel Smith	09/12/06	Karate	Tu,Th	4:50-6:15pm	422522-02

SECTION 2: Customer Info		<input type="checkbox"/> New customers or <input type="checkbox"/> Updates to current accounts	
Primary/Adult Last Name	First Name	Birth Date (mm/dd/yy)	Gender (M/F)
Street Address			
City	Zip	Home Phone	
Email		Work Phone	
Cell Provider: for emergency & class cancellations texts only		Cell Phone	
Emergency Contact		Emergency Contact Phone	

POLICIES	
<p>Cancellation/Refund/Transfer/Schedule Change Policy: Patron requested refunds or transfers will be approved only if initiated no later than 10 business days prior to the first day of class. All refunds/transfers will be charged a processing fee of \$17 per class. Refunds will not be granted after the first class meeting except in the case of medical emergency. Cancellations, transfers, and schedule changes will not be granted for non-attendance. Refunds may be processed online at www.el-cerrito.org/onlinereg under "My Account". Special refund requests must be made in writing to: City of El Cerrito, 7007 Moeser Lane, El Cerrito, CA 94530. Or by fax to (510) 528-9413 or by email to recreation@ci.el-cerrito.ca.us</p> <p>Liability Release: To the extent permitted by law, I hereby absolve the City of El Cerrito, its employees and volunteers from all liability that may arise as the result of my participation in the activities mentioned on this sheet, and, if the above named participant is a minor, I hereby give my permission for his/her participation as indicated and in so doing absolve the City of El Cerrito, its employees and volunteers from such liability. I realize that the City of El Cerrito is not responsible for lost or stolen articles. I understand that participants in the City of El Cerrito programs do so at their own risk and the City does not provide accident insurance.</p>	<p>Photo Release: I acknowledge that the City of El Cerrito takes photographs and videotapes of its activities and events for publicity purposes and authorize the use of my image or my child's image by the City for such purposes. I understand I will not be compensated for use of photos or videos.</p> <p>Nut Allergy Policy: There are children in our program with food allergies. Please do not send any snack, lunch or other food items with your child made with nuts or cooked in nut oils.</p> <p>Behavior Policy: I understand that my child is expected to follow all rules established by his or her instructor, and any failure to comply may result in dismissal from the program. I also understand that no refunds will be given. A copy of our policy is available upon request.</p> <p>Emergency Procedure: I understand that in the case of a medical emergency, 911 will be called and that the participant may be transported by ambulance to a nearby hospital at the discretion of emergency personnel. Every effort will be made to contact the emergency contact listed on the form.</p>
<p>Signature indicates agreement to and understanding of policies and releases listed above.</p> <p>Signature X</p>	Date

PAYMENT		Donate to the David Hunter Scholarship Fund
<input type="checkbox"/> Cash (Do not mail cash) <input type="checkbox"/> Check (Payable to "City of El Cerrito") <input type="checkbox"/> Credit Card (VISA, MC, AMEX)	<input type="checkbox"/> Pay with card on file (If you have done previous transactions) I authorize the City of El Cerrito to charge my credit card on file ending in ___ Exp ___ / ___	
Signature X	\$	

City of El Cerrito
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 El Cerrito, CA 94530

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MARK YOUR CALENDAR

DATE	EVENT	PAGE
January 16	Martin Luther King, Jr. Celebration	5
January 21	Crab Feed	5
February 4	Family Sweetheart Dance	7
February 11	Summer Camp Registration Begins	*
February 11	rECexpo	7
February 21-24	President's Week Camp	11
April 3-7	Spring Break Camp	11
April 15	Annual Egg Hunt	7
April 22	Earth Day Celebration	8
April 24	Dynamo Golf Scramble	7
May 15	Hillside Natural Area Festival	Online
May 20	Spring Citywide Garage Sale	8
June 3	Safe Swim Event	7
June 12	Summer Camp Begins!	*
July 4	4th of July Festival	9

*See upcoming Summer Camp rECguide in mid-January



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